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face and body
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rebuilt'

Reveal

**TAUNTED
BY HER
BITTER EX**



**Zayn
dumped Perrie
- so why won't HE
leave HER alone?**



**Get Taylor
Swift's style
5-page special**



**KYM'S
SHOWDOWN
WITH AN
ANGRY EX**

ISSUE 40

We're broody for babies!



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The star rocked leather trousers and Cuban boots

VB's ditched her stilettos in favour of flats

HEEL, BOY!

We couldn't help noticing David Furnish's choice of footwear as he popped out to Cindy Crawford's book launch in London last week. He teetered around in leather trousers and heeled ankle boots, which topped even Simon Cowell's height-elevating footwear.

He's obviously not paying attention to what's happening in the world of high fashion, where flats are the new black. Yes, even Victoria Beckham, whose bunions are testament to the fact that she loves a heel, is working boyish brogues and loafers. When VB does something, it's undoubtedly a trend – and one we are all thanking her for. We're loving her new preppy 'borrowed from the boys' look, which she has been rocking in New York.

And while we're on the subject, if our man was David Beckham, we'd be adopting this style, too – and pinching his jumpers.

David Furnish – take note and follow VB's lead. Your feet, and your partner Elton, who's much shorter than you, will appreciate it.

New three-inch heels? We feel your pain, David!



INSIDE YOUR REVEAL THIS WEEK...

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Emily speaks out on the Strictly curse



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Lucy Meck shares her style secrets



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Gemma's hot date with... Greggs!



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Has Kendall ditched little sis Kylie?



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Charlotte and Max – reality TV's new hot couple



PERRIE CUTS ZAYN OUT OF HER LIFE...

for good



He seems desperate to show his ex what she's missing

After months of back and forth, Perrie Edwards has taken the ultimate step after Zayn Malik taunted her with a string of other women

She's occupied the moral high ground since their shock split back in July, but after two months of taunts from her ex-fiancé, Perrie Edwards finally decided enough was enough, after Zayn Malik posted a photo of him cosied up to a girl who's her spitting image.

'Perrie knows Zayn was trying to antagonise her,' a source says. 'An hour after he had posted the pictures he messaged her and said, "Sorry if that offended you – it's not what it seems." Perrie thought it was ridiculous, since she hadn't even asked about the picture.

'As far as she's concerned, they're both free agents.'

Since Zayn broke off their engagement, Perrie, 22, has made no secret of her hurt feelings.

On top of a barrage of sexy selfies showing him what's he's missing, the Little Mix star's bandmates have also shown their support for Perrie, with Jade Thirwall even seen cheekily holding a fan-gifted sign that read, 'Zayn is irrelevant anyway'.

Meanwhile, Rixton's Jake Roche, the fiancé of her other bandmate Jesy Nelson, also shared his opinion, saying of Zayn, 'He's a bit of a d**k for posting the photo of a girl. If you're a music artist you should let the music do the talking, rather than trying to antagonise online.'

And, in a further blow to Zayn, also 22, it seems even his ex-1D bandmates have taken her side, revealing they're keen to collaborate with Little Mix, after the bands' joint Apple Music Festival gig recently.

And, while Perrie continues to ignore Zayn, he appears to be doing everything



Zayn's attention-grabbing snap with Perrie lookalike Carlyn

possible to taunt her into paying him attention.

Just a fortnight ago, the former 1D singer, who's busy recording his debut album in LA, tweeted the cryptic message, 'I don't want you to wait for me, I'm not coming home.'

WHO'S HIS LATEST GIRL?

And, just weeks after we revealed that he was still texting Perrie gushing messages, despite enjoying a romance with Burberry model Neelam Gill, it appears Zayn is at it again.

While he is only said to have been serious with the Instagram girl in question, LA-based Carlyn Bryan, for the past few weeks, a source says the pair are keen to take their relationship to the next level.

'It's early days, but romance is on the cards,' the source adds. 'Despite Zayn posting a picture, Carlyn is trying to keep a low

profile, and things will be kept under wraps for as long as possible.'

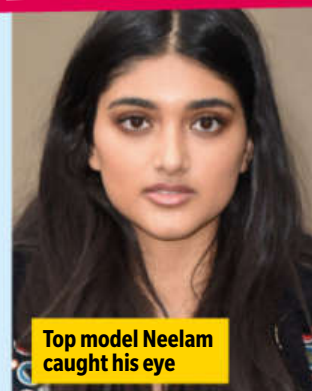
But, after infuriating Perrie with his desperate texts while dating Neelam, 20, this time around, Zayn looks to have pushed her to her limit.

'Perrie has tried to keep a dignified silence over Zayn's antics, but she's tired of him taunting her and trying to make her jealous,' the source says. 'Right after he posted the pictures, he sent her a barrage of needy messages telling her how much he misses her and asking if they could try and "at least be friends".'

But, while Zayn might think his crafty tactics could encourage Perrie to come running back to him, they seem to have had quite the opposite effect.

'As much as Perrie is a strong woman, she struggles every time Zayn pulls a stunt like this – it starts affecting her mood, her ability to sleep and even her eating patterns,' says the source. 'But now, with the encouragement of her friends, she's taken the drastic action of blocking his number on her phone. She's done getting roped into text tennis with him.'

ZAYN'S OTHER FANCIES



Top model Neelam caught his eye



Did he sext Lily Allen, as reported?



Together forever?
Louis and Briana hope to make a go of it

LOUIS PLANS PROPOSAL TO HIS BABY MAMA!

After some encouragement from his beloved mum, Louis Tomlinson is planning a romantic proposal to the mother of his unborn child, Briana Jungwirth

He confirmed the news that he was expecting his first child with LA-based stylist Briana Jungwirth in August.

And, while the pair initially appeared to be staying just friends, Louis, 23, looks to have had a change of heart after some words of wisdom from his mother have persuaded him to propose!

'Louis' mum, Johannah, has been trying to convince him to give up messing around with other women and to make a commitment to Briana,' reveals a source. 'After Johannah's urging, Louis has decided he's going to propose to Briana with an heirloom diamond ring from his mum's side of the family.'

FINALLY READY TO SETTLE

'Since Louis found out the news, he's really turned his life around,' the source continues. 'He's partying less and is settled and committed as a family man. They are taking parents-to-be courses. He's told his 1D bandmates that they're planning a late spring/early summer 2016 wedding once the baby arrives.'

Louis was first linked to Briana, also 23, just a month after splitting from his long-term girlfriend, Eleanor Calder, in March.

Five months on, things between the couple looked to be getting serious, with Briana even playing the supportive girlfriend backstage at the first of One Direction's recent gigs at London's O2 Arena last month.

And, with the band planning to go on hiatus from March, the timing is perfect for him to jet over to LA to spend time with Briana and the baby.

Katherine Parkes

Defiant Perrie is ready to move on

Reveal says

'No going back, Perrie - well done for making a clean break'

Zayn was also linked to Kylie Jenner

NEW MUMS *ste*



Billi's in fine feather just three months after her son arrived

BILLI'S NIGHT OFF

Billi Mucklow and her footballer fiancé Andy Carroll, 26, welcomed their son Arlo in June. Gracing the red carpet at the Pride of Britain Awards last Monday, the former *TOWIE* star told us it was her first public event since Arlo's birth.

'I'm absolutely loving life as a mum, but I'm usually dressed in my pyjamas with sick down my shoulder, so it's nice to get dressed up,' she laughs.

Billi, 27, is already back at the gym to whip her post-baby bod into shape.

'I'm sort of trying to embrace and love the curves, but I would like my old jeans to fit comfortably again. I've put on around half a stone,' she says, revealing that she's also hoping to shape up for her wedding day.

And it's little wonder her waist is looking so svelte. Billi's jumped on the waist-trainer trend, posting an Instagram snap of herself in a black corset last week.

Billi and Andy, who got engaged in November last year, plan to extend their brood. 'I definitely want more children, but we'll get married before we have another one,' Billi says.

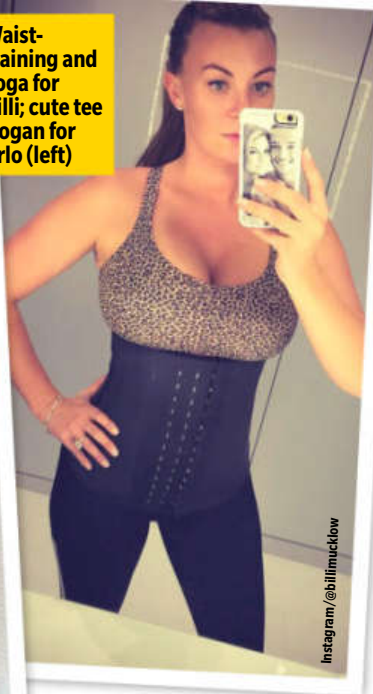
Meanwhile, her BFF, Cara Kilbey, also announced she is pregnant again, following her heartbreaking miscarriage at five months in March this year.

Ex-*TOWIE* star Cara, 28, said, 'I'll never forget my first baby, it'll always be a part of our family, but now we can't wait to become parents.'

Waist-training and yoga for Billi; cute tee slogan for Arlo (left)



Instagram: @billimucklow



Instagram: @billimucklow



Frankie's got a new hairdo and a new son ... Carter, left

NEW MUM FRANKIE LOOKS FAB

Oh, hi, Frankie Bridge! Just six weeks after giving birth to her second baby, the singer looked utterly fabulous on a night out in London last week.

Wearing a chic white dress over leather leggings and the biggest smile, Frankie looks like she's loving being a mum of two.

The star, 26, and her hubby, footballer Wayne Bridge, 35, welcomed second son Carter in August (they already have Parker, who turns two next week), and Frankie dazzled as she enjoyed her evening.

We're a little obsessed with her new, long locks. What with her sexy mane and glowing skin, post-pregnancy is clearly working a treat for this gorgeous girl.

p out

Forget baby sick, dirty nappies and a total lack of sleep, these yummy mummies are glam to go!

HELEN ON MUMMY DUTY

Being in charge of a tiny tot is tough work, and Helen Flanagan certainly looked a little jaded as she took three-month-old Matilda shopping recently.

Clutching some caffeine for energy, Hells looked a bit knackered as she pushed her daughter around Birmingham in a pram. But we love how she still managed to rock perfectly coiffed hair and a Chanel bag while on mummy duty!

Flanners, 25, also sparked rumours that she'd got engaged when she shared an Insta snap of her gorgeous girl last week. Wearing a tiara (because, of course), Matilda was being held by an engagement ring-clad hand. So, have Helen and her fella, Premier League football star Scott Sinclair, got engaged?

As Helen's never seen without perfectly painted mega nails, we reckon the hand in the pic isn't hers...

Tired new mum Helen keeps calm and caffeinated

Her little princess, Matilda, and THAT ring - but whose is it?



SAMIA AND KATH JOIN THE CLUB!

Frankie, Billi and Helen aren't the only new celeb mums!

Samia Ghadie, 33, gave birth to a baby boy last week. The actress, who is dating *Dancing On Ice* pro Sylvain Longchambon, welcomed little Yves Joseph and gushed, '@slongchambon and I are so happy and in love beyond words with our beautiful boy.'

Opera star Katherine Jenkins and hubby Andrew Levitas, 38, are also celebrating the arrival of their first child together. Daughter Aaliyah Reign was born in New York last week and Katherine, 35, cooed, 'We are absolutely besotted with her & grateful for the beautiful blessing of this happy, healthy, little miracle. Cwtches all round.'



We're ready for

Lydia

'I'M LOOKING FORWARD TO BEING A MUM'

They've only been back together for a few months, but childhood sweethearts Lydia Bright and James 'Arg' Argent are ready to take the next step.

After close friends Mark Wright and Michelle Keegan tied the knot this summer, it seems marriage – and indeed babies – are now on the minds of *TOWIE*'s resident lovebirds.

While the pair have made no secret of their desire to marry, it seems they are happy to go against tradition.

Speaking at the 60th anniversary event of Russell Hobbs kettles, Lydia, 25, told us, 'I don't mind having a baby before getting married. When it does happen, which won't be right away as I'm so busy with work, I'm really looking forward to being a mum.'

And it seems the couple are looking for a larger house, possibly to make room for a nursery. 'James was going to move in to my house, but we've realised it's not big enough. We will buy a bigger home next year,' she says.

In 2012, Lydia was forced to deny speculation she was pregnant, and again in April this year. Last week, she showed off what looked like the start of a bump, but it turned out to be an unflattering camera angle.

When it does happen, rest assured, Lydia is prepared.

She says, 'I love children. I'm a big sister to six siblings and my mum's a foster carer. The youngest is eight right now, so I help out a lot – I'm getting a lot of practice in!'

Lydia previously admitted she's jealous of her co-star Billie Faiers, 25, who has one-year-old daughter Nelly.

'I'd trade places with Billie because I'd like to know what it feels like to be a mum. Sometimes I get broody.'

Jess Wright and Ferne McCann are hedging bets that the pair will be the next to tie the knot and pop out a *TOWIE* tot!



Will Lydia and Arg be the next to get married and have kids?

Kristina

'I'D LOVE A BABY...'

Kristina Rihanoff is so loved-up with her rugby star boyfriend Ben Cohen that she's already planning on taking the next step.

'Ben is *The One* and Kristina thinks a baby would make them a family,' reveals our insider.

After a rocky start, in which Kristina was branded a home-wrecker despite dating Ben long after he and estranged wife Abby ended their 23-year relationship – the dancer feels a new addition could help to heal those wounds. 'A baby would consolidate the status of their relationship,' says our source.

At 38, the *Strictly Come Dancing* pro is on record saying she would like children 'at some point'.

And now we're told, 'Kristina would love a baby. She doesn't want to miss out on the opportunity of becoming a mother and would love to give Ben a son.'

Kristina has always focused on her career, but now feels that the time is right.

'She knows her career can be put on hold for a baby,' says our source. 'She's also said that it won't stop her dancing. If she's pregnant by the end of this series, she could give birth and be ready for next year's show.'

Ben, who she partnered on the dancefloor in 2013, is happy to oblige. The source says, 'Ben's going to move in and they are planning to buy a place together.'

Father to twin girls, Ben, 37, is currently involved in a bitter split from Abby. She says that Ben 'did the dirty' on her, but he and Kristina insist that isn't the case.

Our insider adds, 'Kristina has such strong feelings for Ben and would love to have a baby with him one day.'

or babies

Happy and settled, this lot are ready to be mums



Kristina wants to have a baby with new partner Ben

Millie 'WE'VE CHOSEN OUR BABY NAMES'

They celebrated their second wedding anniversary last month, and the festivities are set to continue for Millie Mackintosh, 26, and hubby Professor Green, 31, as they've both been talking about starting a family.

Millie said she wants to be a young mum, and that her and her rapper beau have chosen their children's names, saying they're 'traditional but unusual', and that she would like 'a boy and a girl. It's a nice balance.'

The former *Made In Chelsea* star-turned-fashionista has also let slip that they already have a room ready to be a nursery in their gorgeous Edwardian home in London.

And Professor Green, real name Stephen Manderson, also wants to become a parent sooner rather than later, saying, 'I don't want to leave it too long. I've never wanted to be an old dad. If I had a kid tomorrow, I'd be 51 when they were 20. I want to be able to kick a ball about with them.'

Emma Hunt



Millie and Professor Green are already planning their family



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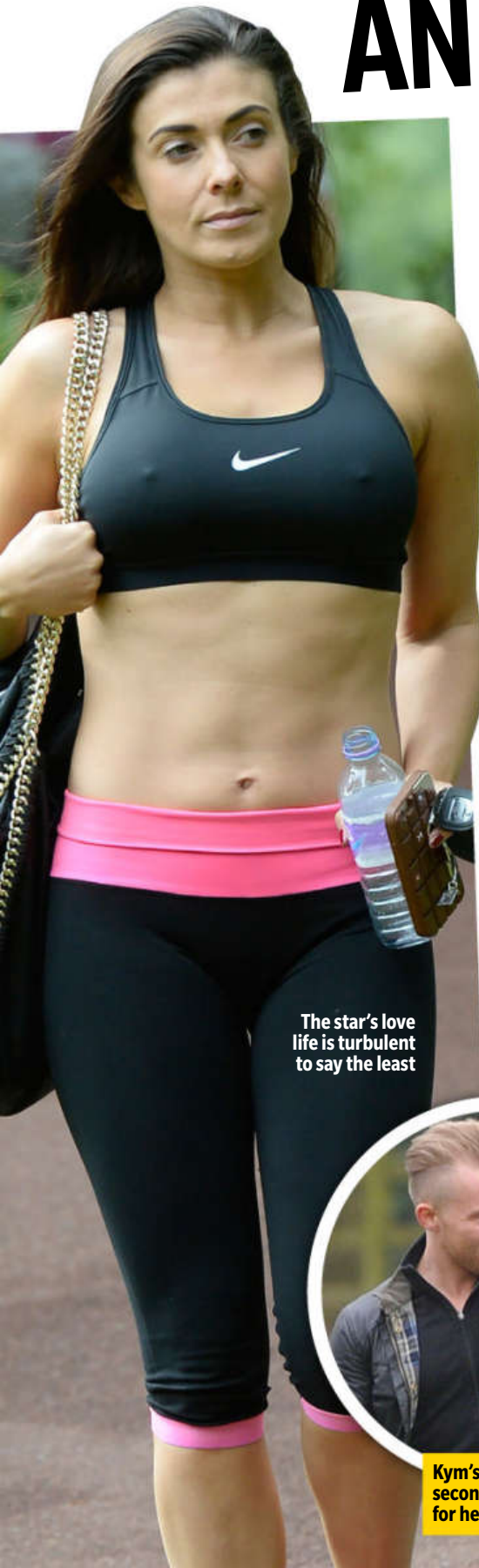
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Kym's SHOWDOWN WITH AN ANGRY EX



The star's love life is turbulent to say the least

Kym Marsh has been dragged into a bitter row between her new man and his pregnant former love

Just days after she gushed about her rekindled romance, Kym Marsh has already been hit with drama.

The *Coronation Street* actress and her new man, Matt Baker, have become embroiled in a furious row with his pregnant ex, Danni Ballard. So what exactly is going on?

Well, Danni says that Matt dumped her when he found out she was expecting their child, and is shocked by the fact that he's moved on with Kym.

She's said to have told pals, 'I wouldn't go out with a guy who wasn't facing his responsibilities with his pregnant girlfriend. What type of woman would that make me? That's why I wonder what he's told her.'

In fact, tensions are running so high that there was a very public showdown at the Trafford Centre, Manchester.

It's believed that Danni, who dated Matt for nine months before their split this spring, spotted her ex shopping for clothes for Kym's youngest daughter, while she herself was buying things for her unborn child. Danni took umbrage and went over to confront the couple.

One onlooker claims, 'Danielle behaved highly inappropriately last weekend in a shopping centre, ranting and raving at Kym and Matt in front of Kym's four-year-old daughter, Polly.'

However, personal trainer Matt has insisted that he and Danni split before she discovered she was pregnant.

Taking to Twitter last week, he said, 'After ending our relationship, I was then told at a later time by Danielle Ballard that she was pregnant with my child. I have since been told by Ms Ballard that I am not the



Kym's hoping it's second time lucky for her and Matt



Matt's ex, Danni, had a public spat with him and Kym

father. Upon finding out otherwise, I will honour my position as a parent.

'I can categorically state that the breakdown of the relationship of myself and Danielle Ballard had nothing to do with Kym Marsh.'

The timing of this drama is awkward, as Kym spent last week gushing about her rekindled romance with the personal trainer, who she first dated in early 2014.

RUSHING INTO HER AGE-GAP ROMANCE?

'We're both feeling really good about it this time around,' Kim cooed. 'We've been positives in each other's lives – Matt's a very good influence on me and vice versa, and we care about each other a lot. We're taking things slowly, seeing how it goes.'

Last week, we told you how Kym was vowing to steer clear of her exes and move forward with her life, and it seems like this latest flare-up may have dampened her enthusiasm for her new romance.

'Kym can't stand being alone,' a source said. 'But she has trust issues, and she's definitely worried that getting back with an ex might not be great for her future.'

Twice divorced and fresh from a bitter split with her most recent beau, ex-fiancé Dan Hooper, it could well be that Kym is rushing into this romance too soon.

In public, however, she's insisting that all is well. She even says that the 13-year age gap between her and Matt – she's 39 and he's 26 – works in their favour.

After they returned from a Mediterranean mini break, Kim said, 'Matthew may be younger, but he's actually more mature than me, so the age gap isn't a problem.'

Hannah Doyle

STOP

Fearing that his ex Katie Price is getting too intrusive, Peter Andre is more protective than ever of his marriage

It's not all sequins and Spandex for Peter Andre, as the star fears that his stint on *Strictly* is exposing him to some unwanted attention.

The source of the drama? His ex-wife Katie Price, of course.

'Pete is concerned that his success on *Strictly* is fuelling Katie's bad vibes towards him,' says our insider.

It's not just 'bad vibes' causing concern for Peter. The singer feels that the attention he's getting on the show is opening up his July marriage to Emily MacDonagh, 25, to unwanted scrutiny from Katie.

'Pete has been told that Katie is trying to dig up information from mutual friends in TV, trying to find out what their marriage is really like,' adds the source.

Peter, 42, is trying hard to protect his family from Katie's prying. 'He has asked friends to maintain a "wall of silence" as he fears that Katie is gathering information about everything – from what he's doing on the show to how he gets on with Emily in their private life,' continues our source.

'Katie's been asking people if Pete seems genuinely happy or if it's all a big act. It's the first time that she's been able to find out what he's like with Emily as before *Strictly*, Pete was better able to control what people knew about them. But being involved in the show practically 24/7 means a lot of outsiders are seeing them as a couple.'

As we told you last week, Katie, 37, has gone to extreme measures to eclipse Peter's TV moment by trying for a baby and relaunching a music career.

Our insider adds, 'When Pete topped the leaderboard on the first show Katie

'If Pete wins *Strictly*, it will be a disaster!'

Katie insists she's not watching *Strictly* – but she is keeping tabs on Pete

PRYING, KATIE!



Peter and Emily all loved-up at last week's Pride Of Britain Awards

said, "It will be a f***ing disaster if Pete wins this show. Why is he so bloody popular yet the public always attack me?"

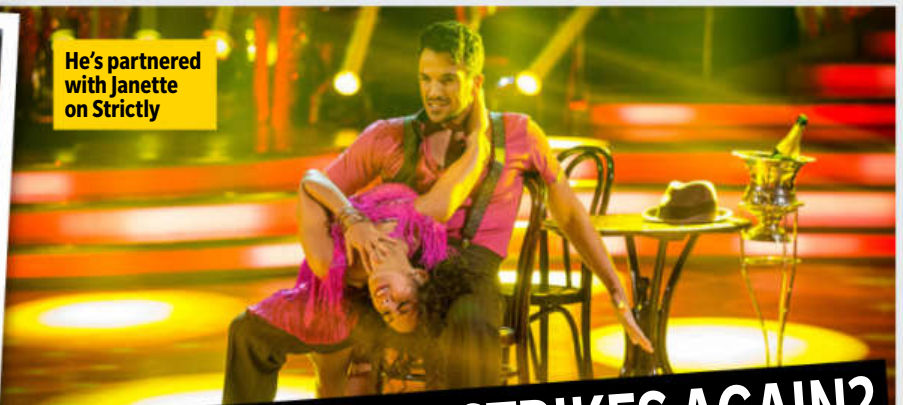
But it seems that Peter, who divorced Katie in 2009 and had two kids – Princess and Junior – together, is tiring of his ex.

'Pete thinks it's driving Katie crazy seeing him do so well and the only way she can cope with it is by digging for dirt on him. He was tipped off that Katie was getting information on him and he was furious. He just wants her to stop prying.'

But Katie insists she's not hunting out the goss on Pete and Emily. We're told, 'Katie's in the position where people are constantly telling her things about Pete, whether she wants to hear them or not.'

Hannah Doyle

He's partnered with Janette on *Strictly*



STRICTLY CURSE STRIKES AGAIN?

EMILY: 'I TRUST PETE... MAYBE I'LL BE PROVED WRONG'

The *Strictly* curse has wiped out many relationships over the years, but Emily MacDonagh isn't worried about hubby Pete and his pro dancer Janette Manrara, 32, who's engaged to fellow dancer Aljaz Skorjanec.

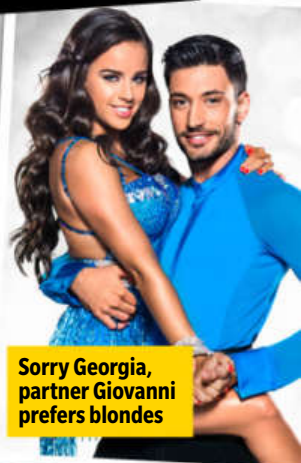
She says, 'I think if you are someone who is going to have an affair it would be part of your personality and you would do it regardless.'

'But Pete is not like that, he's very loyal and I trust him completely. Maybe I'll be proved wrong but that's how I feel.'

'I've met Janette and she's great.'

A source says, 'Sean was not happy. Everyone keeps talking about the *Strictly* curse and it's made him really uncomfortable.'

But Giovanni, 25, insists, 'Georgia is a great dancer but she has a boyfriend and he's a really nice guy. We are not together. I prefer girls with blonde hair and blue eyes.'



Sorry Georgia, partner Giovanni prefers blondes

OLA: 'DANCING IS PASSIONATE'

At the Reality TV Awards, Ola Jordan, 32, who's wife to dancer James, admitted partners get intimate, 'People get wrapped up in it as the dancing is passionate. If two people like each other, that's what happens.'



'People get wrapped up in it,' says Ola

JAY & ALIONA GET CLOSE

Sexy moves, eyes locked on each other and a dance so good that they came joint-third means all eyes have been on The Wanted's Jay McGuiness, 25, and his 31-year-old dancer Aliona Vilani.

The pair then turned up at last week's Pride Of Britain Awards holding hands and sharing cute looks. We'd be just sayin' if Aliona hadn't got married on a beach in the Caribbean last year.



Aliona and Jay have dancefloor chemistry

GIOVANNI: 'I DON'T FANCY GEORGIA!'

Georgia May Foote's sexy debut with pro dancer Giovanni Pernice, which involved him lifting up her skirt and kissing her, is said to have caused rows between the 24-year-old actress and her ex-*Corrie* star boyfriend Sean Ward.

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KYLIE

'KENDALL HAS DITCHED ME'

As her modelling career reaches new heights, Kendall Jenner distances herself from Kylie

Little sister, Kylie, feels left out

Barely two years ago, Kylie and Kendall Jenner were like two peas in a pod.

With coordinating outfits, matching freckles and gappy smiles, you could barely tell the younger half-sisters of the Kard-Jenner klan apart.

While Kylie, 18, recently admitted that she and Kendall, 19, 'basically grew up like twins', the sisters are now leading increasingly separate lives.

Their dad Bruce's recent transition into Caitlyn has rocked the emotions of the entire family, but while we expected the sisters to turn to each other for comfort, Kylie and Kendall have dealt with their dad's public transformation in vastly different ways, and it's driven them apart.

KENDALL PUTS HER MODELLING CAREER FIRST

Despite collaborating with her younger sister to design ranges for both Topshop and US brand PacSun, as well as releasing a sci-fi novel together – Kendall's blossoming modelling career has now become her sole focus. 'With what's going on at home, I really just only want to worry about my professional life,' she recently admitted.

Signed to Elite Models, Kendall walked the catwalks of several top designers including Givenchy, Marc Jacobs and Balmain during New York Fashion Week last month.

Kylie, meanwhile, has been promoting everything from hair extensions, high street

beauty brands and a sweet factory.

But it's her scandalous relationship with rapper boyfriend, Tyga, 25, who has a child and was formerly engaged to Kim Kardashian's former BFF Blac Chyna, that has dominated the headlines.

Along with rumours of smoking marijuana and saucy Snapchat videos, it's little surprise ever-professional Kendall has distanced herself from her sister's controversial private life.

And while Kendall's Instagram is awash with shots from her high-fashion campaigns and snaps with the model jet-set, including Gigi Hadid and Cara Delevingne, Kylie opts for revealing shots of her inflated pout and allegedly enhanced cleavage.

WALKING THE RED CARPET SOLO

Last week's episode of E!'s *Keeping Up With The Kardashians* even showed how Kendall ditched Kylie at the Billboard Music Awards to accompany her model pal, Jourdan Dunn, and Balmain creative director Olivier Rousteing.

At one point during the episode, Kendall asked her fashion team if it was OK to take a photo with Kylie. The sisters then posed for a quick photo after getting approval, before going their separate ways.

After being abandoned by her older sister, Kylie, who suffered a panic attack on the red carpet, later aired her feelings to Kendall.

'I totally understand you have your own s**t going on, but I really needed you,' Kylie told her.

Kendall then admitted, 'I need to remember that you're my little sister and I need to protect you sometimes,' and the siblings smoothed things over – albeit, temporarily.

Lauren Hill-Roger

Reveal says

'Strength in numbers, girls, you should be sticking together at a time like this!'

Instagram/caradelevingne



Kendall chooses to hang out with her girl squad instead of her sister



SHE'S GOT FORM!

It's not just little sister Kylie who has been sidelined by Kendall...

● Last year, she slammed her mum for dancing, saying, 'Eww, Mum, you're so embarrassing. You need to act your age. Desperate f**king whore.'

● Sister Kim was banned from her 2014 Fashion Week debut, telling her she couldn't attend her shows, despite being invited by designers.



SWIT SWOO, CHARLOTTE!



Singer Charlotte looked fab last week (left) and pictured in August

All eyes were on Charlotte Church when she arrived at the Welsh BAFTAs at St David's Hall in Cardiff.

The 29-year-old mum-of-two looked stunning with her new bleached blonde hair – with a cool hint of pink – and an elegant dress.

And it didn't go unnoticed that the self-confessed yo-yo dieter looked slimmer than in recent months, too. It's a radical makeover from how she looked in August, after making her acting debut in London.

Keep rocking, girl!



Instagram / @laurengoodger

CUMBERBATCH HEADS TO WALFORD

Yes, winning an Oscar would be an amazing achievement. But there's one thing that would please Hollywood actor, Benedict Cumberbatch, even more – a cameo role in *EastEnders*!

The *Sherlock* star, 39, has promised his old school pal, the soap's producer Dominic Treadwell-Collins, that he'll be swigging pints in the Queen Vic when he gets some free time.

Speaking at the *Radio Times* Festival, Dominic revealed, 'I really want Benedict Cumberbatch to come and do a turn. And he says he'll come and do it but he is slightly busy.'

Soaps are the place to be, it seems – Ed Sheeran made an appearance on *Home And Away*, while Cheryl Fernandez-Versini popped in for a half in *Corrie's* *Rovers Return* in 2013.



Benedict wants to have a pint in the Queen Vic



Instagram / @laurengoodger



LAUREN'S LARGER-THAN-LIFE POUT

Lauren Goodger certainly doesn't do things by halves.

So it didn't come as a surprise when we saw the ex-TOWIE star's new 'trout-pout' selfie.

Resting her lips on her hands like a shelf (a 'trout-pout shelfie', maybe?) the Instagram pic comes days after Lauren hit back at 'haters' and promised to 'keep on pouting'.

It's not just her lips that are growing either...

Lauren started an intense fitness regime in February – dropping about 3st – and

now, it looks like she's taking up bodybuilding. Watch your (muscly) back, Jodie Marsh!

Last week, the 29-year-old spent two days at Pure Elite's bodybuilding competition.

She shared a video of strong, bikini-clad women, captioned, 'My 2nd day watching Comps today @pureelitecomp #wow #inspired.'

Selfie-lover Lauren's pouting and buffing up



Instagram: @laurengoodger



Jesy with Jake and Coleen (with their clothes on!)

JESY'S NAKED NIGHTMARE

It's like a bad dream – you're at your boyfriend's when you bump into his parents in the buff.

But for Little Mix's Jesy Nelson it's just another day.

Jesy, whose fiancé is Rixton's Jake Roche – son of *Loose Women*'s Coleen Nolan and *EastEnders*' Shane Ritchie – said of her future

in-laws, 'They're very open. My family is very reserved. With my family we don't talk about sex – his do.'

'It's a naked house, too. Jake will walk around naked – they don't give a s**t. It's a very comfortable family but sometimes I'm like, "Put some clothes on!"'



The ex-Brookside star is presenting a second series of Dance Mums

Twitter: @jelliofficial

Bobby, Harry and Charlie

JEN: 'I'M TOO TIRED FOR MORE CHILDREN'

Mum Jennifer Ellison won't add to her three boys – Bobby, Harry and Charlie – as she's busy balancing being a mother and running her own dance school in Liverpool.

'I'm happy with my three boys,' says *Dance Mums* host Jen, who's married to former boxer Rob Tickle. 'In a few years, maybe, but right now I haven't got an overwhelming need for a daughter. I'm fulfilled with what I've got.'

'I can't have any more kids, I'm knackered,' the former soap star, 32, adds. 'I've had two C-sections already and during my last, they said my stomach muscles are so weak that I'd need to come in and discuss having more children.'

Dance Mums With Jennifer Ellison returns to *Lifetime*, on Monday 12 October, at 9pm

Rebecca Greenow, Katherine Parkes

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THANK YOU 🙌

I've been nominated for the Anthony Nolan Supporter Awards. To be honest, it's me that should be thanking the charity – they've been fantastic since my mum fell ill with acute myeloid leukaemia.



The TOWIE star tells it straight – every week!

It's Bobby xx

Brand new column



You reap what you sow...

So, TOWIE is back, and we all watched it together before we went on the live show presented by Mark Wright – AWKWARD! We saw who said what about who, who got together... let's say there were a few people sliding down their chairs! Imagine going to the office Christmas party and saying stuff about your colleagues, then going back to the office the next day with everyone knowing what you've said – well, that's what it's like.



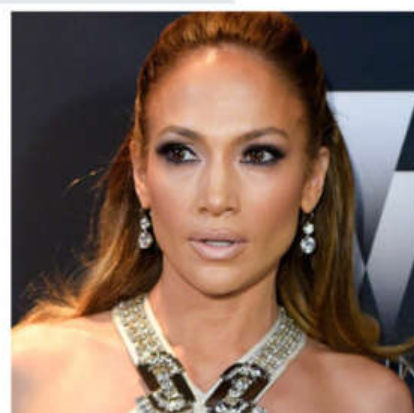
Instagram: @ColeenRo

I ♥ Wayne's proposal!

Wayne Rooney has revealed he proposed to his wife, Coleen, in a petrol station, then they went home for corned beef hash! Some of my girlfriends want to be proposed to up the Eiffel Tower, on Mount Kilimanjaro, on the moon! But if you're with the right person, it shouldn't matter where it is. Without sounding like #cheeseontost, the more personal and grounded it is, the cuter. I wouldn't care if a guy stuck a ring in a chicken nugget at a Maccy D's drive-thru, as long as he was The One.

Bring on FISH GAPE

There's a new trend knocking about, the Fish Gape. You suck your cheeks in slightly and part your lips, as if you're putting a straw in (J.Lo shows how, right). It's so new that us TOWIE lot haven't even started doing it yet! When a trend takes off, the people of Essex take it to another level, so soon there'll be fish gapes everywhere!



Instagram: @farrahahamofficial / @ceenoo



Instagram: @farrahahamofficial

IS KIM TAKING THE P*SS?

Kim K says she's considering calling her son Easton. I love the name, but not with West as a surname, and North as a sister! She should give him an old-school name, something like Arthur. Definitely not John West, though, as nobody wants a tuna-named son.



Missed last week's column? Check out Reveal.co.uk

Get a grip, Farrah!

Farrah Abraham's six-year-old daughter, Sofia, got £900 from the tooth fairy last week. NINE HUNDRED POUNDS! She's six! I used to get 50p for a milk tooth. I'm an '86 baby, and I know the rate of inflation has gone up and all that, but that's ridic. That poor kid is probably going to be sat at home ripping her teeth out now for more cash! But from what I've seen of Farrah in the Celebrity Big Brother house, nothing she does can surprise me – she's on a different level.

Send your questions and comments to Bobby Norris at bobby@revealmagazine.co.uk

'Drugs destroy

NOW I WANT TO BEAUTIFUL AGAIN



Glam Danni, aged 23, before her drugs hell

After plummeting to 7st 7lb and suffering a terrifying breakdown just six months ago, we talk to Danniella Westbrook about why going under the knife could be the fresh start she desperately needs

studio ahead of the next, and hopefully brighter, chapter in her life, we're humbled by how optimistic she is.

The next two weeks will see Danniella embark on a life-changing physical transformation as part of a TV documentary series.

She'll be undergoing several cosmetic procedures and hours

under the knife to rebuild her body after years of mental and physical abuse.

'I've rebuilt myself on the inside, so it's time to rebuild myself on the outside,' Danniella tells us, just two hours before she's due to check into a hospital to begin the journey that will eradicate the



The actress pictured in 2002, showing her collapsed septum due to drug abuse

Whether you love her or hate her, Danniella Westbrook's troubled life has dominated the headlines for decades.

The former *EastEnders* actress, who was first introduced to our screens as feisty Sam Mitchell in 1990, has endured cocaine addiction, mental breakdowns and, more recently, a miscarriage and a tumultuous love affair with her toy boy ex – resulting in a traumatic suicide attempt in February.

But if anything, mum-of-two Danniella, 41, has always remained refreshingly, and often painfully, honest about her experiences.

The London-born actress is under no illusion to the reasons she's remained in the limelight for over 20 years and openly admits, 'I've been the poster girl for cocaine addiction. My nose (Danniella had a deviated septum through drug abuse) became more famous than my career as an actress.'

There's no doubt that Danniella's life, like former Atomic Kitten member Kerry Katona's, is a car-crash tale that's kept us hooked.

But when we meet her in a London



Fresh-faced with her first love, *East 17*'s Brian Harvey

signs of a decade of addiction.

'My drug habit has aged me and it shows through my looks. I'm not worried about being 41, but I feel like an old woman,' she says.

'I didn't worry about my looks when I was younger. But all the bullying I've received over my pictures in the papers has destroyed my confidence.'

'People have made jibes about my nose, my weight... everything. They tore me apart. I don't even dare google pictures of myself any more,' she added.

Her operations include corrective breast surgery – a breast-lift and a change of implants. She is also having facial surgery and extensive dentistry

ed my looks...

BE
N'

Reveal scoop

after losing her back molars in a car crash.

She also lost two front teeth recently, which means she has to wear a denture, and cannot wait to have new implants to restore her smile.

The surgery will leave

Danniella in recovery for weeks, with painful scars on both of her breasts and under her hairline. She'll also be under general anaesthetic at least three times.

'I BEGGED MY DOCTOR TO SECTION ME'

But while we've previously spoken to Danniella during the very low stages of her life, today she seems buoyant and excited – more determined than ever to undergo what she calls a 'rebirth'.

It's certainly been a fast, and almost miraculous, turnaround.

Recalling the past six months, Danniella reveals, 'After my last relationship ended, I suffered a mental breakdown. It was completely terrifying and I didn't think I would make it out the other side.'

'My weight plummeted to 7st 7lb and I just felt completely broken. I visited my doctor and begged him to section me (when you're put into hospital and detained under the Mental Health Act), but he sent me home and told me to rest and have a cup of tea.'

'I was devastated. I was too weak to even lift a cup of tea and I felt abandoned. I'd lost my home and my life was falling apart.'

Danniella credits her friends for pulling her out of her suffocating depression, and tells us she's now seeing a counsellor, having regular sessions with a personal trainer and has been sober for months.

The cosmetic procedures, she says, are the final part of her journey to full recovery.

Straight after our interview, Danniella is set to jump in a car to the hospital for her first op – her breast-correction surgery.

'The past two years have left me exhausted. I'm so tired and that's reflected in my face. I just want to feel better and be happy with my reflection in the mirror,' she says.

But with a history of addiction, Danniella is aware of the dangers of becoming fixated with surgery.

'Just because you give up one addiction, it doesn't mean you won't as easily pick up another,' she says.

And, sadly, Danniella knows this all too well.

Recalling how she woke up on her 30th birthday and burst into tears, terrified of

Danniella wants to feel confident about her body

Turn over for more ➔
reveal.co.uk 21



The star admits she is nervous about having more work done

ageing, she admits she struggled with low self-esteem and became addicted to surgery in her 30s.

'I've suffered from body dysmorphia in the past,' she says.

'I kept wanting to tweak myself with boob jobs, lip fillers and Botox, but it only ever made me happy temporarily. I kept changing myself on the outside but it was all an emotional cover-up.'

'I WAS ADDICTED TO COSMETIC SURGERY'

Ignoring the advice of her surgeon, Danniella had her first boob job at 24, and gradually increased her breast size from a 34B to a 34E.

'As soon as I clapped eyes on Pamela Anderson, I knew I wanted to have her boobs. But I kept enlarging them until they were so big they left me in constant pain. I was only 5ft 2in and my body couldn't carry them,' she admits.

'I had them reduced in 2007 but my right breast is capsulated [gone hard] after my implant ruptured.'

I woke up two years ago with five lumps and was so frightened it was cancer.

'The implants also left me with extra skin around my cleavage, so I'll always need fake boobs from now on because they're so saggy,' she adds, lifting up her orange strappy top to show us her scars.

But Danniella says she's apprehensive about her operation (which she will have had by the time you read this).

'I've had so much uncertainty in my life recently that I'm nervous for the first time,' she confesses.

'I know I'm correcting my botched surgery with more surgery, but nature isn't going to do that for me, and I'm just fed-up with being bullied.'

'People always tell me I'm a strong person, but deep down I'm not. You just have to be when it's your only option,' she adds.

On her new start and hopes for the future, she says, 'I've got a way to go still as I'm due to move into my new house and get settled.'

'But I want to finally piece my life back together. I have to do this for me.'

Lauren Hill-Roger

DANNIELLA'S 'SURGERY SHOPPING LIST'



She hopes to rejuvenate her look

MINI-FACELIFT



She wants to replace her dentures

DENTAL VENEERS

CORRECTIVE BREAST SURGERY & LIFT



She will finally have the breasts she wants

Reveal says

'Good luck, Danni - we can't wait to see the results!'

Kellogg's

See you at breakfast

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MAX: 'CHARLOTTE IS DEFINITELY GIRLFRIEND MATERIAL'

They shocked everyone when they were spotted kissing at a London event having only just split from their partners.

But despite a rocky ride, which has seen him dubbed a liar and a user by his ex Jess Hayes, *Love Island* winner Max Morley says he has no regrets over his growing romance with *Geordie Shore* star Charlotte Crosby.

'Things are going really well,' Max, 22, said. 'Charlotte's on holiday at the moment, and already I can't wait for her to come back. I'm enjoying spending time with her.'

While the pair were keen to take things slowly, having both just come out of relationships, Max admits that things are getting serious. So much so, that she's even met the potential future in-laws.

'I'd say that Charlotte and I are definitely dating exclusively now,' he says. 'She's even met my parents. She's a good girl. I wouldn't say a relationship is

out of the question.' Errr, right Max. What exactly is the difference between dating exclusively and a relationship? (Says every girl, everywhere!)

And despite Charlotte, 25, being renowned for her unladylike behaviour, including wetting herself after nights out and inserting a chicken nugget where no chicken nugget should ever go, Max insists she has yet to do anything shocking in front of him.

'She hasn't done any farting or weeing herself around me,' Max says. 'There are boundaries!'

But while Max has only good things to say about his *Geordie* girl, the same can't be said for his ex-girlfriend Jess Hayes, with whom he won *Love Island* – and the £50,000 prize – as a couple in July.

'My parents really like Charlotte and said they think she could be girlfriend material,' Max says. 'Which, of course, they didn't say about Jess.' Ouch!

KERRY: 'GEORGE AND I ARE GREAT'

After a tough few months of ups and downs with her husband of one year, George Kay, Kerry Katona says that their marriage is finally back on track and better than ever.

'Everyone's got their problems but me and George are really happy at the minute,' Kerry, 35, says. 'I've been through everything humanly possible, but look at me now. My mental health is amazing, I've got a really fit husband and talented, well-educated kids. You'd never believe they were mine!'



JESS: 'LOOKING GREAT IS THE BEST REVENGE'

Despite having to face her ex Max Morley for the first time since their split in August, Jess Hayes insists she's feeling better than ever.

'I'm the happiest I've ever been in my life so, yeah, it might be a bit awkward seeing Max, but I know I look absolutely amazing, which is the best revenge,' 22-year-old Jess laughs. 'I'm just going to look at him like "look what you're missing, babe".'

And while the model remains single for now, she insists she isn't bothered that Max has moved on so soon with Charlotte Crosby.

'I'm not interested in dating anyone just yet, but I do love a good flirt, so I'm definitely up for that,' Jess says.

'At the end of the day, I'm just going to leave Max and Charlotte to get on with it. I'm over it – and him.'

Katherine Parkes

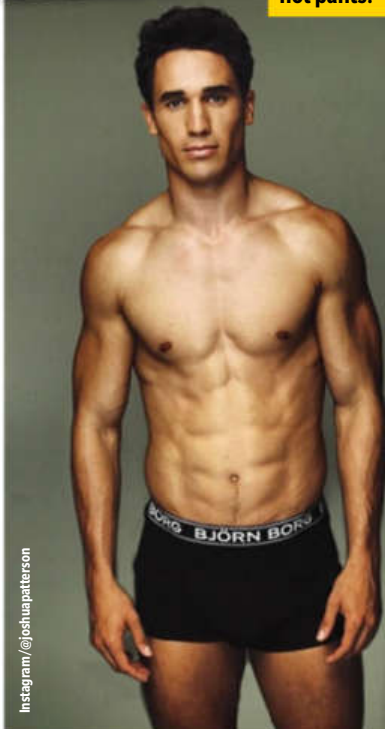


Sheer mess!

We can still see your undies, Sinitta...



JP's definitely not pants!



WITNESS THE MIC FITNESS!

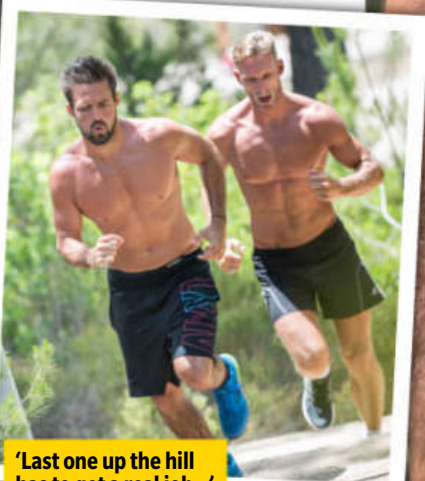
Look away now, Binky and Lauren, because your exes are looking HOT!

MIC's Binky Felstead, 25, was devastated when JP – Josh Patterson – said he just wasn't that into her in the last series... and no wonder, just look at that bod!

JP, 25, showcased his eight-pack modelling new underwear for Björn Borg.

And despite falling off the fitness wagon after splitting from long-term love Lauren Hutton, 27, Spencer Matthews, 26, is now back to his buff best, attending No1 Boot Camp in Ibiza.

Spenny – said to be back to his partying ways in the new series – showed off his strength by lifting rocks and, erm, meditating. #Blessed



'Last one up the hill has to get a real job...'



Spencer's back to his buff best



THE GREAT PRETENDERS

It's official – David Beckham looks good in whatever he wears. Last week, he dressed up as Queen singer, the late Freddie Mercury, with BFF Dave Gardner and another pal during a boys' trip around the US and Dubai.

He captioned the shot, 'This is what happens when 3 queens get on the global express and think they are king Freddie.'

Quashing those rumours of marital troubles, he added, '#beenawaytoolong .. Long trip London, Nyc, Miami, Nyc, London, Dubai, London... Can't wait to get home to see my beautiful wife and unbelievable children...'

DANIELLE: 'MY BOYS HAVE BEEN MY ROCKS'

September marked a year since Danielle Lloyd first filed for divorce from her footballer husband of five years, Jamie O'Hara, after discovering he'd cheated on her on multiple occasions, even bedding a woman in their marital home.

And while Danielle, 31, had hoped that 2015 would be a year of change, the past few months have seen the mum-of-three hit by more heartbreak – namely the sick revenge porn plot against her by her ex boyfriend, Tom Jimson, last month. But when we caught up with Danielle at the Pride of Britain Awards, the former Miss England looked radiant and, for the first time, opened up about how she's endured the past few months.

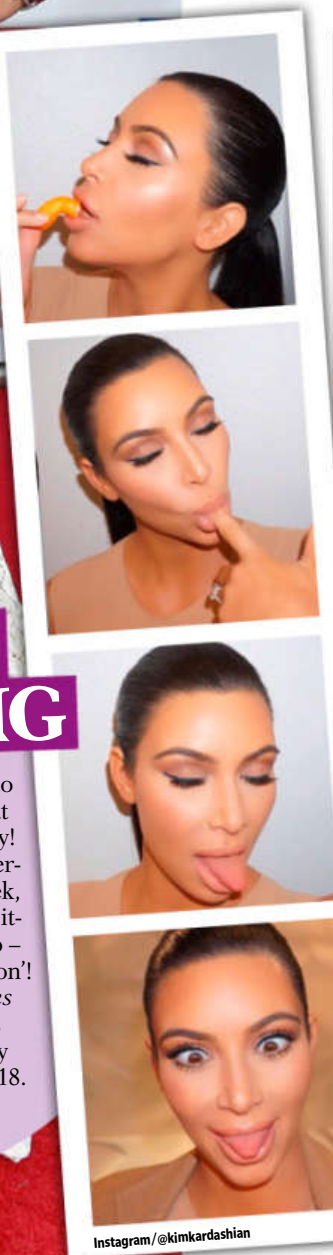
'I've got three boys to look after and they'll always be my priority,' she tells us. 'They've been my rocks. Even if I wake up feeling like rubbish, they come in to give me a cuddle, and it's the best feeling in the world'.

Danielle has also swiftly found love again with new man, electrician Michael O'Neill, who she calls her 'soulmate'. But she says she's learnt her lesson and will be keeping her relationship out of the limelight (despite tweeting several pics of their romantic Paris getaway last weekend!)

'I'm keeping my working life and romantic life separate,' she says coyly.

KIM'S KRAVING

Trust Kim Kardashian West to try and make eating Cheetos at seven months pregnant look sexy! The 34-year-old posted this finger-licking Instagram collage last week, saying she's been craving the Wotsit-like snacks with baby number two – who she's threatening to call 'Easton'! Speaking on the *Ellen DeGeneres Show*, Kim said a psychic has predicted that she and hubby Kanye will have twins in 2018. South and South East, perhaps?



Instagram/@kimkardashian



Kendall gets cheeky during Paris Fashion Week

KENDALL'S BUTT-OFF

Anything the Kardashians can do, the Jenners can do better! The sisters are famous for being bootylicious and, not one to be left behind (soz!), streamlined Kendall proved hers is just as fabulous when she vamped up her look in this sheer jumpsuit.

The 19-year-old model was out for dinner with her bezzie, Gigi Hadid, 20, and Balmain's creative director, Olivier Rousteing, during Paris Fashion Week.

The following day, she showed off her pert bottom in tight trousers during a photoshoot. Over to you, Kim...

Rebecca Greenow, Lauren Hill-Roger

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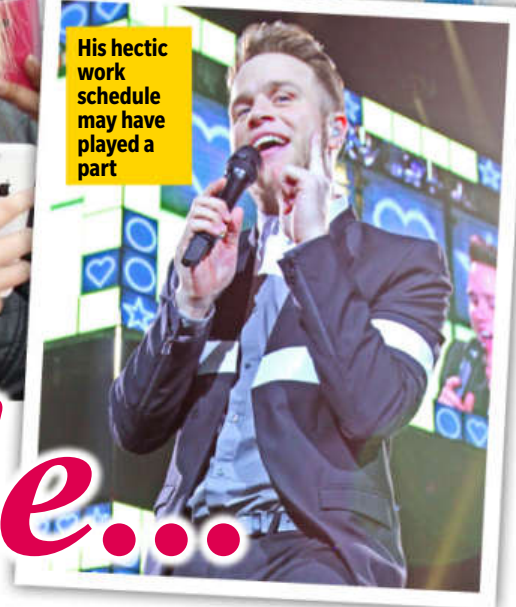


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Olly's single...

...and his X Factor gal pal Caroline's ready to mingle!

Olly Murs and his girlfriend, Francesca Thomas, have called time on their romance, just as he starts spending more time with his *X Factor* co-presenter Caroline Flack.

But friends say gutted Olly is still reeling from the end of his three-year romance. 'The split has just happened and it's very raw, Olly still feels numb,' says a source.

So what exactly went wrong? Could it be that his relationship with Caroline got the better of his personal life? After all, even Caroline's mum has called Olly the 'perfect' man for her, which must have been a bitter blow to his long-term love, Francesca.

When Lorraine Kelly asked last month if love could be on the cards for the pair, 35-year-old Caroline said, 'No! But my mum still does, she says, "Can't you marry Olly? Go on, it'd be perfect!"'

They also have undeniable on-screen chemistry, and are now working together non-stop as *The X Factor* hosts up.

Even a recent getaway couldn't salvage singer Olly's romance with his property developer girlfriend, and pals admit that his hectic work schedule played a part.

'He worried that his relationship would struggle, because he'd always put his career first,' says the insider.

As well as presenting *The X Factor*,

31-year-old Olly is busy relaunching his own music career, and it seems that he and Francesca just couldn't find time together.

And Olly, who once referred to his girl as 'life-changing', was well aware that dating someone in the limelight could be tough. In a chat back in September, he said, 'Francesca knows I do tours and girls throw themselves at me, but I'm the same when she goes out with her mates. I'm sure guys go up to her and chat her up – you always have that element of jealousy.'

But it seems everyone would like to see the *X Factor* duo together.

Caroline and Olly's flirty friendship is what makes them so great together on screen, and even Olly has pointed out that she said she fancied him when he was an *X Factor* contestant in 2009.

Caroline replied, 'Then I met you in the flesh and was like, urgh! Olly's quite needy. One day I might just break down and be like, "I've loved you for five years!" Can you imagine? It could be Christmas Day and I'd turn up at your house with a bottle of wine, really drunk!'

Yet Caroline insists that she'd never really 'cross the line'.

Earlier this year, she said, 'There was a point when [Olly and

I] first started working together, when I thought, "Do I? Could I?" There's always been a barrier where we just couldn't ever cross that line, and we never have.'

Either way, we reckon Olly and Caroline would make a great couple. She's had bad luck with guys in the past, splitting with music producer Jack Street twice and coming under fire for her romance with toyboy Harry Styles, so she totally deserves a cutie like this kind-hearted crooner.

Hannah Doyle

WHEN WORK COMES FIRST

● Stacey Solomon and Steve-O split six months after meeting on *The Jump*, as his work commitments for American TV show *Jackass* meant they barely saw each other.

● On and off for seven years, Formula One star Lewis Hamilton, based in Monaco, and Los Angeles-based singer Nicole Scherzinger, pictured above, split again this February.

● On the flipside, presenters Cat Deeley and Patrick Kielty (left) finally got married in 2012, after years of flirty friendship that carried on while they were working on different continents.



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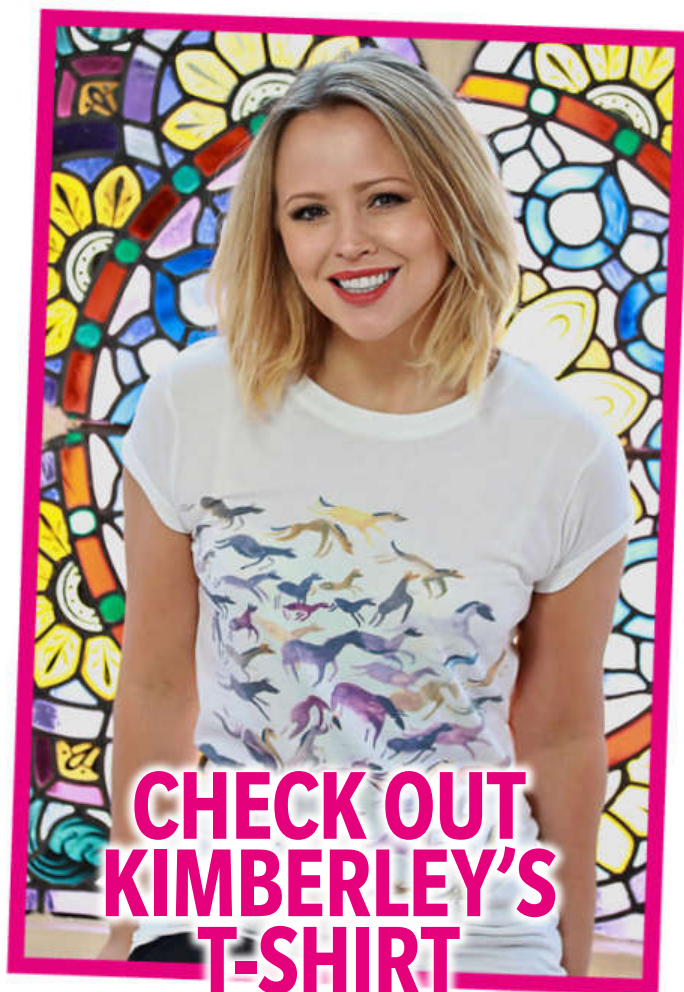
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CHECK OUT KIMBERLEY'S T-SHIRT

Kimberley Walsh and other celebrities are showing their support for Breast Cancer Awareness month by wearing two new charity T-shirts designed by Savannah Miller, in partnership with cancer charity The Haven and their #neverbymyselfie campaign. Get yours at asos.com.

HAYDEN REVEALS POST-BABY STRUGGLE

Nashville actress Hayden Panettiere has revealed that she suffered from postnatal depression following the birth of her daughter, Kaya, 10 months ago.

In an online post, Hayden, 26, disclosed her condition while offering support to other sufferers, writing, 'I suffered a bit of postnatal depression. You're not alone or crazy, ladies!'

The 5ft star, who is engaged to boxing champion Wladimir Klitschko, went on to reveal how much weight she'd gained during her pregnancy, and added that it hadn't put her off wanting more children.

'I was 110 pounds (7st 12lb) before pregnancy and 153 pounds (10st 13lb) by the time I gave birth,' she said.

'I always said [I'd like] four but I'm not going to speak too soon. One at a time.'



Photos: FameFlynet, Rex Shutterstock

GEMMA'S HOT DATE WITH GREGG*

After losing an impressive three stone through a workout routine and juice detox, Gemma Collins indulged her naughty side last week, heading out with a pal for lunch at our favourite bakery, *Greggs.

And while she's been criticised for falling off the diet wagon, we think Gemma, 34, should have her cake and eat it, too. She deserves it after all that hard work!

Responding to cruel Twitter taunts over her weight, the former *TOWIE* star recently posting a pic of herself looking svelte in a tropical-print swimsuit.

She captioned the snap, 'I'm very happy. Dubai baby!'

We haven't seen Brentwood's top diva smiling so much in a long time. Keep it up, Gem!

Katherine Parkes, Lauren Hill-Roger



Gemma indulged in a well-deserved Greggs lunch after losing three stone

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fashionista

She's bitching her way round town bringing you what's hot, and what's really NOT. Remember, you read it here first

DOROTHY PERKINS LAUNCHES DP CURVE

Curvy girls rejoice, high street fave Dorothy Perkins' new DP Curve range has dropped and it's swoonsome. It's a mix of stunning 'going out' pieces and wardrobe essentials including cool separates and soft tailoring all designed to fit and flatter your gorgeous shape. The collection comes in sizes 18-28 with prices starting at just £12.



› Dress, £30

› Top, £32

› Top, £26

› Blouse, £28,

› Skirt, £24

MY NEW JEWELLERY CRUSH

Nothing beats a bit of bling and Claire's has really upped its game in the fashion stakes with its new autumn jewellery collection. From stand-out necklaces to on-trend cuffs, I'm getting my jewellery fix without breaking the bank.



› Necklace, £16



› Earrings, £5.50



› Cuff, £10

BUNNY ABOUT TOWN

Imagine a long-eared, fluffy-tailed version of moi and you've got yourself Fifi Lapin – the fashion-blogging bunny who's taken the style world by storm. Nope we still don't know who's behind the illustration sensation but she's just debuted her own collection for Boots and it's c-u-t-e. I've got my eye on the mani set.



› Brush set, £14

› Travel mug, £8

› Nail kit, £6

› Lip balms, £6 for two



Pixie what?

This mermaid-inspired turquoise silk nightgown belongs under the sea, Miss Lott.

'I'M A FAT ASS & badass!'

After eight million people viewed her video on YouTube, Whitney Thore became a reality TV star. As her hit show enters its second series, the dancing queen tells us why it's possible to be both fat *and* fabulous



'Fat ass and badass.' That's how Whitney Way Thore describes herself. Many people would recoil at the word 'fat', but the 27st dancer is reclaiming the word, and embracing it.

'I use fat in a positive way,' says Whitney, 31. 'We're afraid of it because it's indicative of the underlying feelings we have about fat people. We assume anyone who is fat is also lazy, stupid, ugly or unsuccessful. Sure, some fat people are ugly, but some skinny people are ugly, too.'

Growing up in North Carolina, USA, she loved athletics and dancing, but traces her body image issues back to the age of 10.

'I was called a whale and a pig,' she remembers. 'When you're a woman, unless you're stick thin, the first thing people say to undermine you is that you're fat, because that's the worst thing you can possibly be.'

By the time she was in her early teens, Whitney had developed bulimia, something she struggled with until university.

'I'd gained 3st 8lb in three months after starting university. Nobody questioned it, but people were treating me differently,'

she says. 'Guys who dated me a few months before, when I was 9st 4lb, were looking right through me.'

Within a year, Whitney had gained 7st 2lb, although her diet barely changed.

Eventually, in 2005, aged 22, she was diagnosed with polycystic ovary syndrome (PCOS). It meant her body was overrun with male hormones, leading to uncontrollable weight gain.

After college, Whitney took a job teaching English in Korea, and was faced with discrimination on a daily basis.

'I was literally the fattest person they'd ever seen,' she remembers. 'People pointed, laughed and asked how much I weighed. I was even assaulted and it took all that for me to say, "Wait a minute, this isn't acceptable. I'm a human being and I don't deserve this."'

Returning to the States, she vowed to change. In just eight months she lost 7st 2lb by working out every day and eating a measly 500 calories.

'I thought I was really healthy and happy,' Whitney says. 'But I was basing my entire worth on my weight. Then my lifestyle changed again and I gained the

'The biggest mistake is to think that you can't be happy until you're perfect'

Whitney says dancing promotes body confidence



Her size doesn't hold her back from doing what she loves

weight back.'

It was the most she'd ever weighed, and, at 25st, she thought her life was over.

'One thing I'd never thought about was what made me happy, it was always about how I could fit into someone else's perception of beauty,' she recalls. 'Oddly enough, I had to be the fattest I'd ever been to become the happiest I've ever been.'

'The biggest mistake is to think that you can't be happy until you're perfect, whatever that means. You'll never get there. Happiness is here, today, now.'

With her newfound confidence, Whitney decided to get back into what she loved most – dancing.

'I'd been a dance teacher at 16,' she says, 'but stopped when I gained weight. When I came back to it after 10 years, it was clear to me why I loved it.'

'Dance forced me to confront my body in a way I had been avoiding for a decade. It's a great way to be comfortable in your own skin and promote body confidence.'

Whitney's passion for dance led her to upload a video of her grooving along to a Jason Derulo track on YouTube.

'I joked that maybe a few people in North Carolina might watch it,' she says.

However, the video went viral. And as it did, she was hounded by lovers and haters. 'People commented on the video telling me to kill myself. I just ignored the trolls and focused on the positive responses.'

And those came in floods. So much so, fans started coming to her for advice.

'I started my No Body Shame campaign after I put some boudoir photos online and received some really dumb messages,' Whitney says. 'I wanted to respond and so I created the blog. It's not just about fat shaming, everyone has issues.'

Championing the mantra 'Love yourself. Live fully. No excuses. No shame,' it took off and she instantly became a positive role model for young women and men.

Now, with eight million views of her

video, Whitney is also a reality TV star. Her show *Whitney: Fat Girl Dancing*, which follows her life after being diagnosed with PCOS, recently entered its second season.

'At the end of season one I was diagnosed pre-diabetic,' she adds. 'Until then I'd had no health problems so it was really hard.'

'This season I'm trying to lose a bit of weight, to be healthier for logistical reasons. Don't get me wrong, I love how I look naked. But if I get any fatter I won't be able to tie my shoes.'

As well as waving goodbye to carbs, she moves out of her parents' house and in with a friend.

'I've been riding a bike – and riding a man! I do fall in love in this series, with Lennie. I'm calling us beauty and the beard, or Whennie,' Whitney says.

But with her happiness and success comes even more negativity from strangers. 'I'm constantly criticised for promoting obesity, I don't even know what that means,' she explains. 'Does me being happy or in love encourage anyone else to be fat? Should I not smile, or go on dates?'

After a decade of battling with her body image, Whitney has become an optimistic, unstoppable force. 'I'd like to get married and have kids,' she says. 'But I'm not sure what the future holds.'

'I have this fantasy where I'm redoing the Sia video with Shia LaBeouf in the cage. I saw the video and was like, "Shia, dance with me!" so there's always that.'

Paisley Gilmour

Whitney: Fat Girl Dancing is on Tuesdays at 9pm on TLC

I WANT *what she's got!*

We show you where the celebs have been shopping this week

JAMEELA JAMIL

Jameela knows a flattering dress when she sees one, and this cobalt number from her new autumn/winter collection for Simply Be is an all-round winner. She teams her colour-pop frock with a slick of her staple bright lip for instant wow factor.



SIMPLY BE
£60

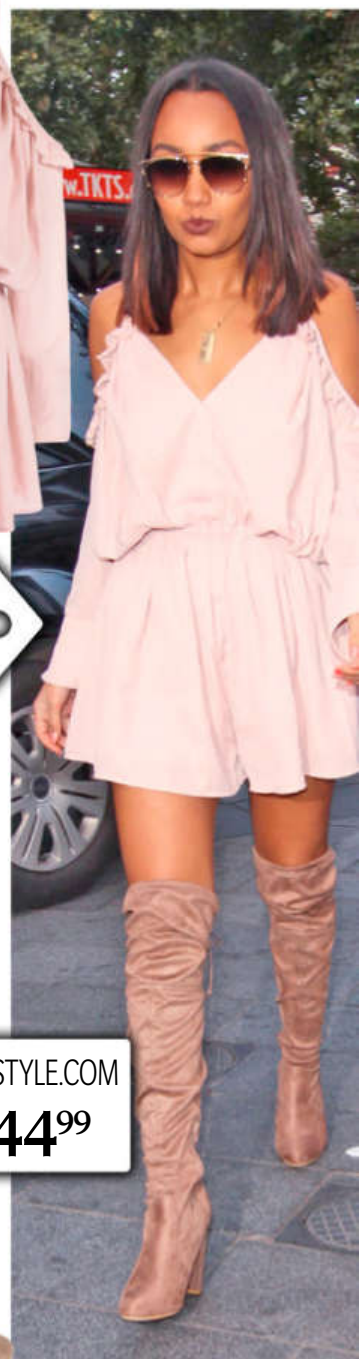


LEIGH-ANNE PINNOCK

Little Mix gal Leigh-Anne goes top-to-toe nude, but only flashes her shoulders in this neutral playsuit with cut-out shoulder detailing. The style risk of teaming it with suede over-the-knee boots certainly pays off when the result is this gorgeously glam. Thumbs-up from us.



INTHESTYLE.COM
£24⁹⁹



INTHESTYLE.COM
£44⁹⁹

LUCY MECKLENBURGH

How totally amazing does the lovely Lucy look in this chic ensemble? She ties a dusty-pink collarless jacket at the waist, then ruches up the sleeves for an effortless evening look. We love the subtle yet statement snake courts and silver box-clutch combo.



RIVER ISLAND
£55



CHLOE LEWIS

Golden Marbs tan, check; gorgeous playsuit, check; and statement accessories, check. It looks like Essex girl Chloe has her holiday style sorted in this amazing colour coordinated outfit. Good work, Miss Lewis.

LITTLE-MISTRESS.COM
£45



RIVER ISLAND
£35

NICOLE SCHERZINGER

The co-ord is a true wardrobe hero, and Nicole shows us why in this check shorts-and-crop-top combo. Black accessories are all the outfit needs to make it more autumnal, and she can wear it through the year by adding tights and ankle boots when it gets chillier. This is a must-have buy if you ask us.



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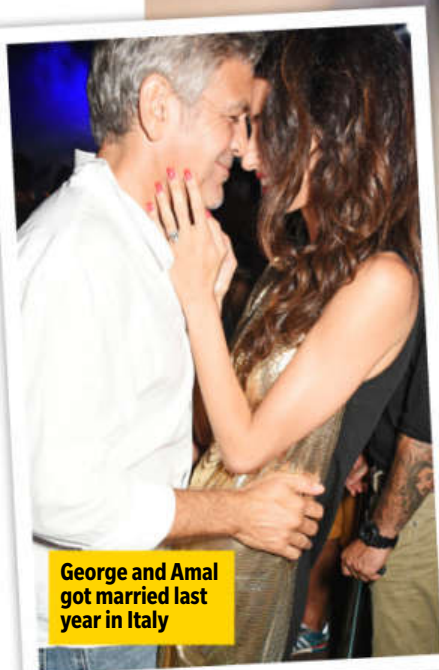
'MY RING'S TOO BLING!'

Amal Clooney's engagement ring is just so fabulous that she's on the hunt for something more modest

'Do you have a smaller diamond?' said no bride, ever... until now, as Amal Clooney is keen to downsize the £450,000 engagement sparkler George Clooney slipped on her when he proposed.

'Amal loves her ring,' says our insider. 'But she would like something much smaller.'

When she and the Hollywood actor got hitched in Italy last September, Amal was then presented with a platinum wedding band. But, one year on,



George and Amal got married last year in Italy

and the human rights lawyer, 37, has decided her whopping engagement rock isn't doing her any favours at work.

'She'd like something more understated so that, when she's working, people won't

The lawyer's ring is a distraction when she's working

find it so distracting,' continues our source. 'People are always stopping and asking to get a closer look at it, and Amal feels it kind of undermines her authority in a professional situation.'

And so Mrs Clooney, who is currently renovating the couple's £10million Berkshire mansion by adding a pool and a 12-seater cinema, has found time in her hectic schedule to hit the shops for something

a little simpler. We're told that luxury brand Cartier is her top choice for something a little less look-at-me.

'Her current work activities are way more serious than her original ring would suggest,' adds our insider. 'She's trying to downplay her clothing, too, but especially that massive ring.'

So that's a platinum wedding band for every day and a new sparkler for the weekend. What a nightmare!

Hannah Doyle

#FIRSTWORLDPROBLEMS

Amal isn't the only celebrity who's had to deal with the trials and tribulations of being super rich. Kim Kardashian West's wedding ring is worth so much, she's said to wear a fake one in public, presumably so that us mere mortals aren't overcome with such jealousy that we grab the diamond from her hand and do a runner.

Paris Hilton, 34, had similar dramz to deal with when she was engaged to Greek shipping heir Paris Latsis in 2005. Paris found her 21-carat, £3million ring 'too heavy' and, at the time, a source said she 'started complaining that her finger hurt'. The solution? Her fiancé 'got her a more manageable platinum Cartier band for everyday wear.'

As for Jessica Michibata, even a burglary couldn't keep her from her jewels for long. It's thought that Formula One racer Jenson Button replaced his 30-year-old wife's £250,000 engagement ring, stolen during a heist in the south of France this summer, the very next week.

And then there's Beyoncé, whose engagement ring cost well over £3million. But obvs that's not enough bling for this 34-year-old... she is said to have blitzed an incredible £216,000 on a pair of diamond-encrusted shoes this summer.



Kim's bling cost so much she wears a fake one in public!



A girl's best friend: Jessica Michibata and Beyoncé rock their rings

Photos Getty PA, Rex



KALEY & RYAN MARRIAGE CUT SHORT

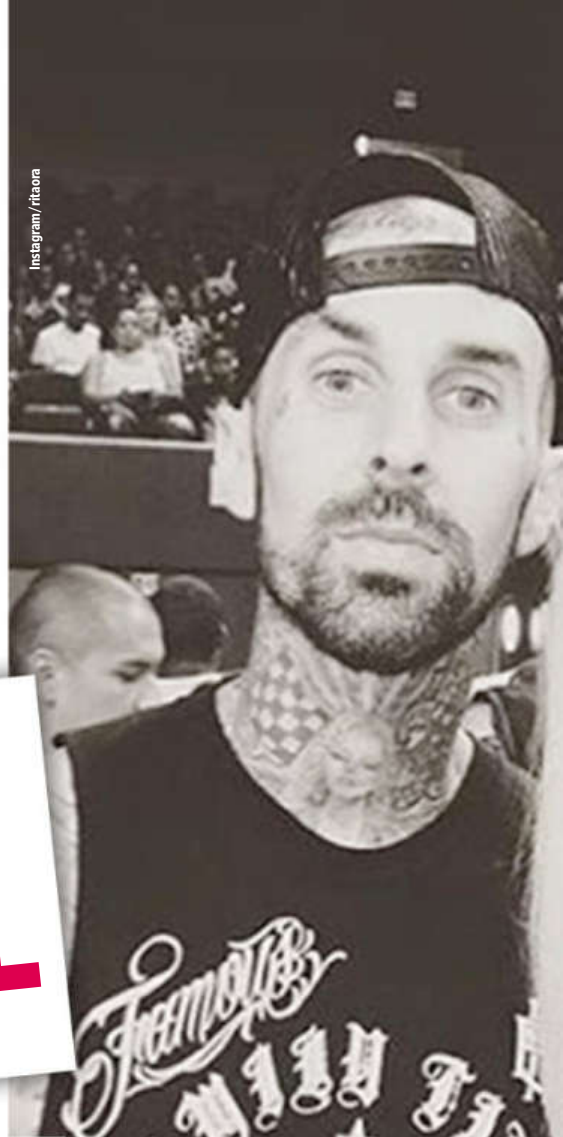
The *Big Bang Theory* star Kaley Cuoco has split from her husband, Ryan Sweeting, after 21 months of marriage. The pair wed on New Year's Eve 2013, after just six months of dating.

'The few times Kaley and Ryan were out together recently, the tension was noticeable,' a source told a US website.

Since their sudden split, both Kaley, 29, and tennis star Ryan, 28, have wiped all their photos of one another from their social media accounts, as they continue to keep quiet on the reasons behind their split.

Kaley's spokesperson said, 'Kaley Cuoco and Ryan Sweeting have mutually decided to end their marriage. They ask for privacy at this time.'

Instagram/ritora



COUPLES CONFIDENTIAL

Your weekly temperature check on celeb romances

TOM & LANCE ENGAGEMENT ANNOUNCEMENT

Olympic diver Tom Daley revealed he was dating a 'mystery man' via YouTube in 2013, and, two years on, he and US director and LGBT activist Lance Black have announced their engagement.

Following the likes of Benedict Cumberbatch and Geri Halliwell, Devon-born Tom, 21, and Oscar-winner Lance, 41, shared their happy news in *The Times* newspaper's announcements section. Classy couple!

Tom has previously opened up about his wish to wed, saying last year, 'Family is something that has always been really important to me and yes, at some point, I would love to marry and have kids.'



Photos: Getty, Matixpictures.co.uk, Rex Features



THE ROCKY ROAD OF LOVE

KATE HUDSON, 36



CHRIS ROBINSON, 1998-2006
Actress Kate married Black Crowes frontman Chris Robinson, 48, in 2000. They split six years later, amid rumours that Kate was romantically involved with Owen Wilson on the set of *You, Me And Dupree*. They have an 11-year-old son Ryder.



OWEN WILSON, 2007-2009
After getting close while filming together, Kate started seeing Owen in 2007. The couple had an on/off relationship, which saw them split in 2008 before reuniting later that year, after Owen, 46, attempted suicide. But in 2009, Kate ended things for good after reportedly growing tired of his lack of commitment.





RITA & TRAVIS NEW REALITY ROMANCE

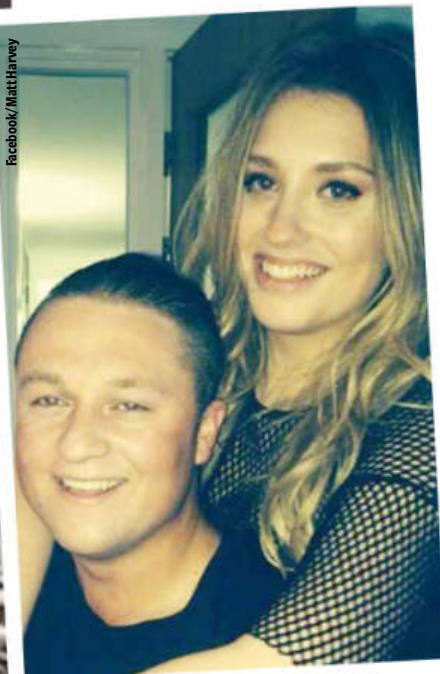
Rita Ora's ex Ricky Hill may be green-haired, but now she's hooked up with another tattooed hunk – Blink 182's Travis Barker – he's likely to have a touch of the green-eyed monster, too.

The X Factor judge, 24, first met drummer Travis a fortnight ago at a basketball game in Los Angeles.

The singer's said to have tracked him down and passed on her details, and the smitten pair have reportedly been inseparable since.

The rocker, 39, who also made his name as the star of MTV's *Meet The Barkers*, isn't the first reality TV hottie our Reets has dated, after splitting with *KUWTK* star Rob Kardashian in 2012.

She was just two years old when Travis' band were first formed in the early 90s.



ELLA & MATT IT'S OVER

Singer Ella Henderson has split from her first serious boyfriend, Matt Harvey, after more than a year-and-a-half together.

We can reveal the couple were *engaged* when they split – after he proposed in May.

Ella, who found fame on *The X Factor* in 2012, started dating engineer Matt, who hails from her home town of Grimsby, in January last year.

But, despite their loved-up selfies, it appears the couple failed to make their relationship work around the 19-year-old *Ghost* singer's busy schedule.

'It's been tough but, with Ella travelling so much, things came to a natural end. They remain on good terms,' a source says. 'She has removed photos of the two of them from Facebook, but seems to be in good spirits.'

AMANDA & JUSTIN SUDDEN SPLIT

Actors Amanda Seyfried and Justin Long have called time on their romance after more than two years together.

Those close to the *Dodgeball* star, who gushed about how the pair were 'in it for the long haul' last year, say he hasn't taken the split well. 'He's really heartbroken.'

Conflicting diaries are said to be the cause of the break-up, with another insider saying, 'They had different schedules and different lives. They just grew apart.'

The pair hooked up in 2013 after Amanda, 29, was left in stitches over a picture 37-year-old Justin shared on Instagram, and moved into an apartment together in New York. But earlier this year, actress Amanda hinted at how tough the industry can be for any couple. She said, 'Making movies is two solid months of 12- or 14-hour days. I mean, it can ruin your relationship.'



LANCE ARMSTRONG, 2008

Kate went public with her romance with shamed Tour de France cyclist and friend of Owen, Lance Armstrong, 44, after meeting at a New York party. But, just four months later, their romance ended, allegedly because he wasn't ready to commit.



MATT BELLAMY, 2010-2014

She began dating Muse frontman Matt Bellamy, 37, in 2010. A year later, she gave birth to their son, Bingham, now four, and the couple got engaged. But in 2014, they called time on their relationship. It was reported that Matt became jealous of her close friendship with dancer Derek Hough, 30.

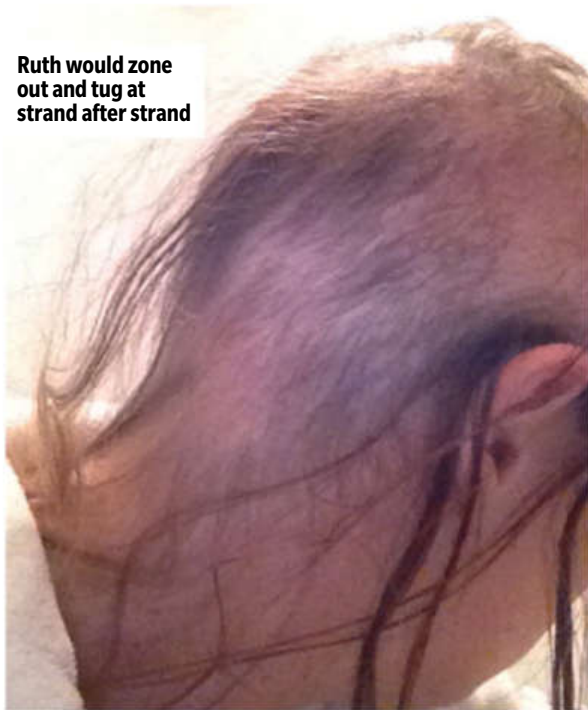


NICK JONAS, 2015

The rumoured romance with *Dancing With The Stars*' Derek ended, and Kate is now said to be dating toyboy Nick Jonas, 23, after being spotted on a series of dates last month. While they claim to be 'just friends', the pair were recently seen together at DisneyWorld, Florida.

Lauren Hill-Roger, Katherine Parkes

Ruth would zone out and tug at strand after strand



BALD AT 18

after I pulled my hair out

A vicious attack at 14 left Ruth Walters, now 24, from Grantham, Lincolnshire, with a condition that caused her to rip her hair out until there was nothing left

Everyone in my family has a habit of playing with their hair. No matter what we're doing, we'll be twirling, twisting or stroking.

But, what started as harmless became something that completely took over my life.

I was a wild teenager and, when I was 14, my parents were in the middle of getting divorced. I struggled to cope with the change in my home life.

My friends took me out one evening to cheer me up, and my drink was spiked. That night, I was sexually assaulted.

Afraid to tell the police or my parents at the time, I kept my pain hidden inside. And, because I couldn't cope, I started pulling my hair out.

It wasn't planned but, when I felt low, my hands naturally went to my head. It was like a ritual. First, I'd find the right hair – it had to be frizzy and have a kink – then,

I'd tug it out of my scalp. After playing with it, I'd line it up on my laptop and start the whole process again. It was like I was in a trance and nothing could snap me out of it.

At first, I only did it when I was alone but, try as I might, I couldn't hide the patches from my parents.

I was finally diagnosed with trichotillomania – known as TTM – at 15. I learned it was body-focused repetitive behaviour and people with the condition experience a strong, physical urge to pull.

Seeing how depressed I was, my dad sent me for counselling. By this point, I felt suicidal. Although therapy helped me process my feelings, it didn't stop me. Even when I had cognitive behavioural therapy on the NHS, I still yanked my hair out.

I spent every waking moment on edge, either fighting the impulse or worrying someone would notice my bald spots.

Headscarves, hats and extensions – I tried everything to cover it up.

People would ask, 'Why do it if you don't want to?' They couldn't understand it was the only thing that made me feel safe.

It hurt when I removed a hair, but it was a soothing pain, a release.

Aged 18, I went to university and TTM continued to rule my life.

Just before I started my third year, I went to Spain with my twin, Kate, to visit our older sister Susan. By now, the bald patches were bigger than ever and my hair was so thin, it barely covered my clip-in extensions.

Leaving the house was a struggle – I hated my appearance. Susan saw I was in distress and sent me to her hairdressers who made me a hair-piece to cover my bare bits.

Immediately, my confidence was back – I almost felt like the old Ruth. But my hands could still get to my scalp and, unable

Thanks to her new 'do, Ruth has got her confidence back

to break the habit, I continued to pull.

Shortly after, I started dating Josh, 25. We'd known one another for years and I'd always told him I had alopecia.

But, a year ago, I'd had enough. With only a few strands left on my head, I was tired of matching outfits with the grey beanie hat I couldn't leave the house without.

'It's not alopecia. I've been pulling my own hair out,' I told Josh. He was so supportive and grabbed the clippers. 'If you don't have any hair, you can't pull,' he said.

Hoping shaving my head would be liberating, I put on a brave face and rocked the skinhead look, but it wasn't me – I wanted to be the girl with long brown locks.

A documentary called *Girls On The Pull* gave me a ray of hope. It featured Lucinda Ellery's hair-loss salon which helps women with alopecia and TTM restore their hair.

My mum took me to her studio in Manchester, but there was no way I could afford the £2,000 fee. And, when the NHS turned me down for funding, I was crushed.

But, after four long years of saving, I finally booked an appointment this July. By putting an interlace over my scalp and pulling what little strands I had through, the stylist was able to attach long extensions of real hair – giving me a full head of hair for the first time in a decade!

I'd gone into the salon practically bald but, eight hours later, I had a sweeping fringe and shoulder-length brown mane.

Confident, happy, self-assured – I'm barely recognisable from the woman I was last year. And, best of all, I can't pull. The interlace is so tight, I'm unable to get to my scalp.

As repeated pulling can damage the follicles, I know my hair may never grow back. I can only wait and see. For now, working towards becoming a counsellor is keeping me on track. My dream is to help others and learn about mental health.

And I'm more content than I've been in 10 years. Pulling is something I will always be battling, but I won't let it win.

Paisley Gilmour

International No Pulling week runs from 1-7 October 2015.

For more information, visit lucindaellery-hairloss.co.uk.



She now has a full head of tumbling, real hair extensions

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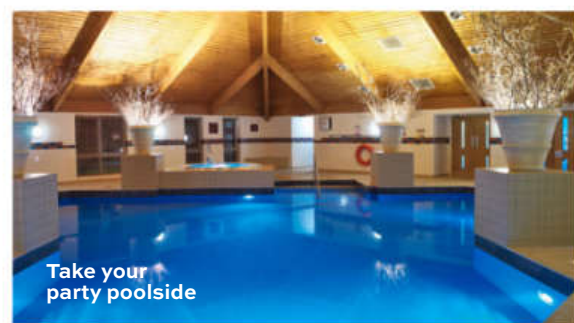
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4* Ettington Chase Hotel, Stratford-upon-Avon	£75
4* Ramada Birmingham North Cannock, Cannock	£75
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When Mark Wright popped up on our screens, topless, in a new advert, our first thought was phwoar! Our second was that the Essex favourite is morphing into Peter Andre! So, let's look at the evidence...

IS MARK *the new Peter?!*

THOSE DODGY ADS...

Last week, Mark debuted in a rather embarrassing TV advert for Oykos Greek-style yoghurt – in which he appears grinning and topless – lending to online comments such as, 'Cringe every time Mark Wright comes on in the Oykos yoghurt advert #justnomark.'

Peter Andre also got trolled for his Iceland TV adverts.



They're OK with using their, ahem, talents to promote healthy eating...

THEY'RE REALITY TV FAVOURITES...

Both made the final of *I'm A Celebrity...*, with Peter coming third in 2004 and Mark the runner-up in 2011. Last year, Mark competed on *Strictly Come Dancing*, and tips Peter to take the crown this year, saying, 'The guy is charming, he's really loved and he's obviously going to be able to dance, because he's been a pop star.' #bromance



Both have come close to winning *I'm A Celeb*...

... AND ITV FAVOURITES

The Only Way Is Essex, *Take Me Out* – *The Gossip*, *Peter Andre: My Life*, *Give A Pet A Home*, *60 Minute Makeover*... Need we say more?

LET'S NOT FORGET THE INTERFERING EXES...

Both had past relationships played out in the public eye and their exes just won't go away! After marrying Michelle Keegan, Mark Wright laid into ex-fiancée Lauren Goodger for continuing to give interviews about him. Although Peter's now married to doctor Emily MacDonagh, he and ex-wife Katie Price will dish the dirt on each other in a court case in January. And, the cherry on the top? Katie and Lauren are pals!



P.S.
Long, dark hair? A golden tan? Their own, impressive career? Even their wives are the same!

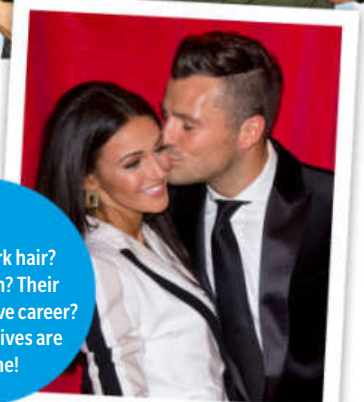


THEY EVEN LOOK THE SAME...

Those abs, the brooding eyes, the side-parting... Peter, 42, said in an interview, 'I'm 20 years older than Mark, so I take it as a compliment!'



They can't seem to shake exes Katie Price and Lauren Goodger



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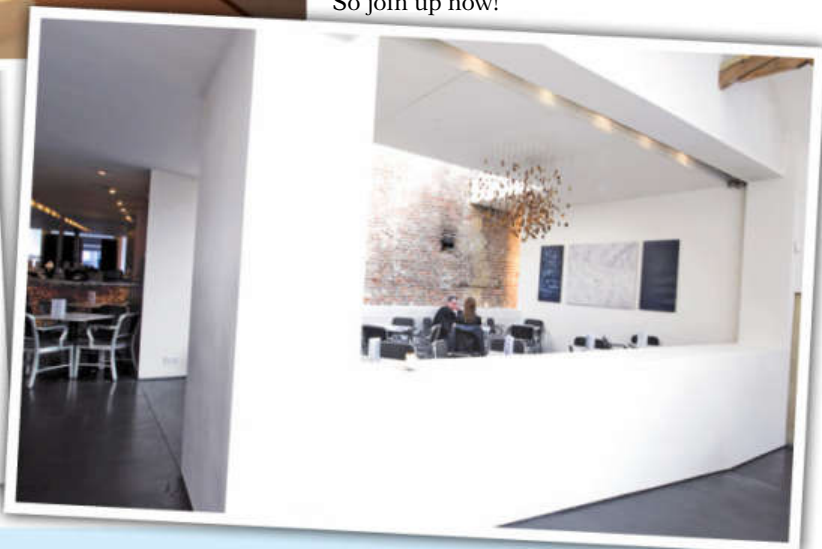
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A cape is the perfect cover-up for those in-between days when a coat seems too heavy. Teamed with deep greens and burgundy ankle boots, Taylor nails that autumnal colour palette. Perfect for running errands around NYC y'all!



The Bad Blood singer in New York last November

- » Wrap, £30, Wallis
- » Jeans, £40, River Island
- » Boots, £70, Clarks
- » Scarf, £27.50, White Stuff
- » Bag, £69, Dune

TOTALLY Taylor

Taylor Swift lookalike Rose Nicholas recreates her famous doppelgänger's signature looks. From ladylike dresses to her preppy trademark shorts, it's time to get Taylor made!

Rose, 23, from Chester, makes £400 a day as a Taylor impersonator

Turn over for more ➡



Outside her trendy NY Tribeca pad in July...

- » Dress, £74.99, chichiclothing.com
- » Shoes, £56, Topshop
- » Headband, £2.99, chichiclothing.com

The songstress opts for ladylike lace in this dusky lilac number. A floral headband and her signature red lip complete the look, which just oozes fairytale romance. A modern-day princess!



... and two months earlier in May

It wouldn't be a Taylor style guide without a pair of shorts, and these patterned ones from Zara are the perfect match. Just add a simple black T-shirt and pointed courts to help elongate those famous pins.

- » Top, £15.99, axparis.com
- » Shorts, £19.99, Zara
- » Shoes, £19.99, New Look



This time Taylor has Olivia Benson for company



- › Top, £12, Topshop
- › Skirt, £19.99, New Look
- › Bag, £39, Topshop



When she's not got Calvin Harris on her arm, Olivia Benson is the next best accessory. Copy Taylor's preppy style with a checked skirt, white knit and knee-high socks and you'll look just puuuurfect (sorry!).



Turn over for more ➔



Rocking the red carpet in Los Angeles last December

- › Top, £5, asos.com
- › Skirt, £26, missyempire.com
- › Shoes, £20, Linzi
- › Ring, £29.90, Lola and Grace
- › Bracelet, £24.90, Lola and Grace



Win!

Get the Taylor look with Goddiva. We have 10 dresses to give away! Head to reveal.co.uk to enter.

› Dress, £40, goddiva.co.uk

Taylor keeps it simple and chic on the red carpet and we love this glimmering, gold number. It's the perfect addition to our party wardrobes and this match is a steal at £26. Finish off the look with a pair of classic Mary Janes.



On stage in Vancouver in August for her 1989 tour



Stay true to Taylor's playful style and showcase your legs in a cute playsuit. This baby blue romper can be dressed up with strappy heels or dressed down in flats and a cosy knit. Players gonna play...

Revea

Revea

Reve



At February's Grammys in Beverly Hills



Photos: FilmMagic, WireImage, Xposure

Get ready to shake it off on stage in a fringed flapper-style dress. The emerald green hue perfectly complements Taylor's skin tone. A smokey eye and blonde waves completes the look.

- › Playsuit, £45, motelrocks.com
- › Shoes, £17.99, New Look
- › Earrings, £29.90, Lola and Grace
- › Bag, £29, Accessorize

21 41 13

DEPOSIT £10 PLAY WITH £60!*



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1

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*Key terms: 1) Tell us your Dream promo is available to all registered players and there is no min. deposit requirement. 2) Players must complete all sections of the "Tell us your dream for a chance to win it" form upon registration. 3) Up to 15 winning players will be chosen each week at random from all those who qualify to receive one of their dreams. 4) 500% match bonus offer is valid for selected players only. 5) Min. deposit of £10. 6) The maximum bonus is £150 and bonus will be credited to the Bingo Bonus (Bbz) Account upon a successful First Deposit. 7) Withdrawal limitations. 8) Additional terms apply - visit www.dreambingo.com/terms/bonus for full details.

18+ Gambleaware.co.uk

» Playsuit, £25

» Skirt, £20



» Dress, £25

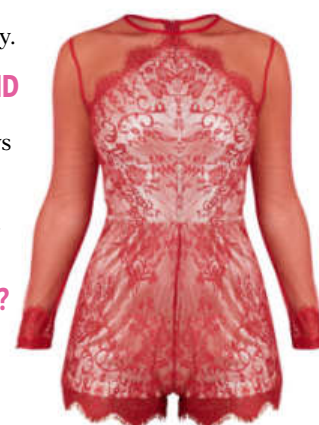
» Dress, £25



» Jumpsuit, £30



» Dress, £28



» Jacket, £30



» Playsuit, £20

» Feather top, £15

» Trousers, £20



WIN!

To win one of everything from Lucy Mecklenburgh's new prettylittlething.com collection, go to reveal.co.uk to enter

LUCY'S STYLE SECRETS

Lucy Mecklenburgh talks about upping the glam stakes with her new collection for online hotspot Pretty Little Thing

HOW INVOLVED WERE YOU WITH YOUR NEW PRETTY LITTLE THING RANGE?

I worked right from scratch. I met with the designers, did mood boards, went through colour palettes and fabrics. It was nice to have more time and input this time round. It's for the party season, so it's quite glam. There are amazing statement pieces, lovely laces and delicate pieces. The emerald green dress is gorgeous. I wanted to keep it pretty.

WHAT PIECE IS YOUR FAVOURITE?

The trousers and the crop with the feathers is gorgeous, it's really different. But I also really love the playsuit with the red shorts and black top. It's got an open back and the lace falls loose at the sides and it looks expensive. It's an out-with-the-girls outfit!

WHO DO YOU WANT TO SEE WEARING YOUR COLLECTION?

It's quite a young range so it would really suit Little Mix and their different styles. I'd also love Ella Eyre to wear something. She's amazing and I love her dress sense.

WHICH CELEB'S STYLE DO YOU ADMIRE?

I love Kendall Jenner but I don't have her legs! I also love Claudia Winkleman, which sounds random but she always looks chic.

HOW OFTEN DO YOU GO SHOPPING?

Not that much actually. I'm a last-minute online buyer. If I want something new for the weekend, I'll quickly go online. I've a shopping addiction so I try and only go twice a month max, otherwise I'll go crazy.

WHAT DO YOU THINK OF YOUR BOYFRIEND LOUIS SMITH'S STYLE?

I'd never tell him what to wear as he always looks great. It's hard for guys to look different and show off their style. But he just doesn't care and wears what he wants. He loves a polo neck and crazy jackets.

DOES LOUIS HELP YOU WITH YOUR LOOK?

He just tells me I look nice. He's a typical man and just wants to get out for dinner! Check out Lucy's range at prettylittlething.com

Charlie Bell

Compressed lasts
as long as a big can.



Try it and join
the 9 million women
who've chosen it.



It won't
let you down

Amber on...

Autumn skin swaps

It's time for a new-season skincare routine, so I asked Victoria's Secret model Jessica Stam's favourite facialist, Antonia Burrell, about switch-ups worth making

CLEANSING OIL

PICK: VICHY BEAUTIFYING CLEANSING MICELLAR OIL, £13.75

Use it: Every morning and evening
Instead of: Gel face wash
'Cleansing is your most important step,' says Antonia. 'Oil formulas work best in winter,' she comments. 'This one left my skin balanced and soft,' raves my tester.



DAY CREAM WITH SPF

PICK: B. READY DAY CREAM SPF 15, £9.99, SUPERDRUG

Use it: Every morning
Instead of: Lightweight moisturising lotion
Yes, you still need SPF! 'Most people require something richer when cold winds and central heating kick in,' says Antonia. 'This sat well under make-up and didn't break me out,' my tester tells me.



UNDER
£10

OVERNIGHT FACIAL OIL

PICK: PIXI ROSE OIL BLEND, £26, M&S

Use it: In the evening, after your essence, if skin's feeling especially dry
Instead of: Night cream
Many creams contain unnecessary 'filler' ingredients. With an oil, you're getting deep-down hydration and a calming effect. 'My tight, sensitive skin felt soothed and it wasn't greasy,' says my tester.



SUPER-CHARGED SERUM

PICK: LIZ EARLE SUPERSKIN FACE SERUM, £48

Use it: Every morning before your day cream
Instead of: Your ordinary face serum
Serums are the best for high-tech, anti-ageing ingredients, and innovations are happening all the time. 'After a week my skin's plumper, less blotchy and – I think – a little firmer! It's pricey but you only need one pump,' says my reviewer.



SUPERMARKET
WONDER
BUY

EXFOLIATING FACE MASK

PICK: LACURA CAVIAR 3 MINUTE CELL RENEWAL PEEL MASK, £6.99, ALDI

Use it: Once a week
Instead of: Face scrub
'Scrubs can be too harsh on winter skin. Instead, look for products with alpha-hydroxy acids that lift away dead skin cells,' Antonia advises. 'Using technology found in luxe buys, this banished flaky bits after just one use,' confirmed our tester.

ESSENCE

PICK: THE BODY SHOP OILS OF LIFE INTENSELY REVITALISING ESSENCE LOTION, £15

Use it: Every morning and evening, after cleansing
Instead of: Toner
Many toners contain skin-stripping alcohol so beauty boffins are raving about essences, instead. With a watery texture, they moisturise and help other products penetrate, although they're not essential if you're oily. 'It smells amazing and people complimented my glow,' says my tester.



'Incorporate new products gradually so your skin has time to adjust,' says A-list holistic skincare specialist Antonia Burrell (antoniaburrell.com). She's a favourite with royalty and celebrities alike, counting Sadie Frost and Rachel Stevens as clients.

Glitzy glamour

Channel vintage chic with a modern twist this season in gorgeous embellishment and a soft colour palette

#FASHION **UNEXPECTED**

» Bling dress, £35, online only
» 2-row necklace, £6
» Faux-fur gilet, £25



Wendy Rigg,
Reveal's
Fashion
Director

Nothing says opulence more than sequins, luxurious lace and a touch of fur. Team with ladylike block heels for the ultimate in vintage elegance.

- Perfect for nights out, update your look by adding soft waves and a subtle lip stain.
- A Chloé-inspired pussybow blouse is a wardrobe must-have, teamed with black skinny jeans for understated style.
- Keep your accessories simple when wearing an embellished dress by adding delicate, fine jewellery.
- Blush pink is the colour to be seen in this season, so make sure you invest in this flattering shade.



Wendy's
fashion
pick



» Bling court, £16,
available from
4 October

» Necklace, £6



» Glitter body bag, £10,
available from 2 November



» Bling vest, £18

Tip Sparkly
accessories
can transform your
outfit to evening glam



» Shimmer court, £12,
available from
18 October



» Wonderform skinny jeans, £25



» Necklace, £8



» Pussybow top, £10



» Sleeveless lace-
shoulder wrap top, £10;
black embellished skinny
jeans, £20, both available
from 12 October

» 2-row necklace, £6

» Drop earrings, £6

» 3-pack stone-
ended cuff, £5



» Lace-insert smock
dress, £18

» Facet, £4

For style tips, advice and all the
hottest new buys from George at Asda,
visit in store or at George.com

George
Exclusively at ASDA

THE NEW DAYTIME *smoky eye*

Forget carefully blending shadow after shadow, the hottest eye trend is smudged, speedy and not just for night-time. Here's how Kendall and Victoria nail the look

When legendary fashion designer Diane Von Fürstenberg says something's a trend, we want to copy it. When Kendall Jenner is modelling said trend? We need to copy it!

A charcoal-rimmed eye is the 'It' look in question. Kendall and her army of models sailed down the DVF autumn/winter runway working it with plunging wrap dresses and platform heels – think 'flirty' meets 'full of attitude'. But we loved the trend even more when we spotted Kendall rocking it off-duty. All hail the daytime smoky!

Here's how Max Factor's global creative design director and all-round make-up genius Pat McGrath achieved it.

1 Start with a kohl eye pencil, tracing it over your lid, and upper and lower lashlines to create an almond shape. Using a pencil as a base makes the look super-dark and long-lasting. **Essence Smokey 2 in 1 Kohl Liner, £2.49, Wilko**, is easy to blend and the blackest of blacks.



3 Next, add a coating of **Max Factor Excess Shimmer Eye Shadow in Onyx, £7.99**. It might seem like one layer too far but it gives a glossy, shimmering finish that's the difference between 'school girl' and 'cool girl'.

4 Finish with black mascara on the top and bottom lashes. **Rimmel London Wonder'full Wake Me Up Mascara in Extreme Black, £7.99**, is just the ticket.



2 Pack a black or dark grey powder eye shadow on top of your liner to soften the harsh lines for a deep, diffused finish. The new **Urban Decay Naked Smoky Palette, £38**, is a fave with Kim Kardashian West's own make-up artist thanks to the lack of 'fall-out' (that's the dusty bit that sometimes drops down onto the cheeks).



STAY-PUT SECRETS

Smudges? Good. Shedloads of black eye make-up streaming down your cheeks? Not so much. If you're prone to slipping or fading, don't be put off.

Skip eye cream – it can make the area too oily. Instead prep with an eye primer, designed to create a smooth surface and act as a 'glue' between skin and make-up. The new **Benefit Air Patrol BB Cream Eyelid Primer, £21.50**, is fab but we also rate **MUA Pro-Base Eye Primer, £2.50**. Just pat onto lids with your fingers, adding a little underneath your eyes too.

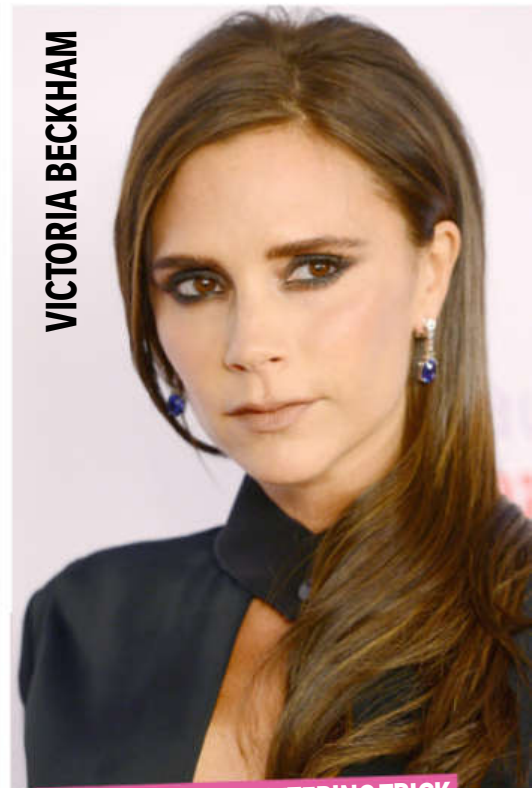
Once you've finished your look, dust loose translucent powder underneath your kohl-rimmed lower lash line. **Gosh Prime 'n' Set Primer & Mattifying Setting Powder, £9.99**, is brilliant for this.



KENDALL JENNER
DIANE VON FÜRSTENBERG



VICTORIA BECKHAM



POSH'S PEEPER-FLATTERING TRICK

Victoria Beckham's been doing 'daytime smoky' for years – it's as much of a trademark as the Posh pout! But she relies on some clever tricks to make it work.

Look closely and she has a shimmering champagne-coloured highlighter at the inner corners of her eyes to prevent the heavily rimmed look shrinking her eyes.

A dab of **Collection Speedy Highlighter**, £3.99, works a treat.

VB's also a fan of the 'tight-lining' technique where an eye pencil is traced along the upper waterline (lift your lid up – it's the area underneath your upper eyelashes). It intensifies the whole 'smouldering' look while giving the illusion of longer lashes.



WHAT TO PAIR IT WITH?

Wear your Kendall-inspired eyes with full-coverage foundation and high-impact lips, and you'll look like you've prepped for a party too early.

Keep it daytime-friendly by pairing with a glowy tinted moisturiser and balmy lippie. To add warmth, Pat swept a golden shimmering powder across the top of Kendall's cheekbones.

The Body Shop Baked-To-Last

Bronzer, £16, has the right luminous finish. It comes in just two shades but they're sheer enough to suit everyone.

Amber Ascroft



VERY.CO.UK



Shop 'TIL YOU drop

The hottest buys on the high street this week

MISS SELFRIDGE



- › Tote, £125, zatchels.com
- › Coat, £129, laredoute.co.uk
- › Top, £8.99, New Look
- › Trousers, £45, Oasis
- › Boots, £40, F&F at Tesco
- › Umbrella, model's own



RIVER ISLAND



£95



£32

Hot trend:
Plaid



£32

£80



ZARA



£29⁹⁹



£25⁹⁹



£89⁹⁹



£49⁹⁹

DOROTHY PERKINS



NEW LOOK



F&F AT TESCO





- » Coat, £60, Next
- » Dress, £28, Next
- » Boots, £75, River Island
- » Gloves, £25, JOY

GEORGE AT ASDA



TOPSHOP





THE PERFECT MATCH FOR ALL YOUR KNICKERS



Bodyform Multistyle Liners, the most absorbent flexi liner that's adaptable to all types of underwear.

Multistyle Liners from Bodyform.
Wear what you want.



**LIVE
FEARLESS**



Dr Phil

TV's Dr Phil Hammond answers your questions and gives it to you straight on the big health issues

NOT SUCH A LAUGH?

Is laughing gas really that dangerous?

Julie, Aberdeen

All drugs have a downside and if you're unlucky, it can cause unpleasant side-effects. Most of the 17 deaths linked to laughing gas (nitrous oxide) in the past nine years have also involved alcohol or other drugs. The main danger seems to be that if you inhale it in an enclosed space such as a car, you might not get enough oxygen and could lose consciousness. You might also vomit and inhale your own stomach contents. As with any drugs, you need to work out the risks for yourself. For information, go to talktofrank.co.uk.



Trust me – I'M A DOCTOR

Can I reduce my risk of osteoporosis by hopping?

Ally, Swindon

A recent study has found that hopping can strengthen the hip bone in the leg that you hop on. The hip joint on the hopping side also becomes more stable. This could mean that if you hop, your bones become stronger and are less likely to suffer from osteoporosis or fracture, since thinning bones are more prone to brittleness. In general, hopping, skipping and jumping are all good forms of exercise – provided you don't fall over. To reduce your risk of developing osteoporosis, avoid smoking, maintain a healthy weight and try to include plenty of calcium in your diet.

WE'VE LOST OUR SPARK

THE
sex
QUESTION

I only get turned on when my partner really wants sex, but after 10 years, she's lost interest. Help!

Chris, Scarborough

Relationships are a two-way street and we are creatures of habit. Couples who've been together a while know what they like and tend to stick to it. Sex becomes less frantic and passionate, more settled and predictable – but still lovely and intimate. Often, the best way to rediscover the spark is to talk about how you feel and what you want. We're not great at talking about sex, but words change the world, and if you can find time to talk and listen without pressure, you may be surprised where it leads.

DR PHIL SAYS: 'Lack of interest in sex is often down to exhaustion. Share the load then share each other'

E-CIGS BENEFITS

Are e-cigarettes more likely to make young people switch to real cigarettes?

Angela, Sunbury-on-Thames

We don't know. It's possible that some young people may progress to smoking tobacco after starting on e-cigarettes, but we also know that e-cigarettes are much safer than smoking tobacco. We'll only have a clearer picture whether or not e-cigarettes lead onto bad habits when they have been around for longer. But if you already smoke, switching to e-cigarettes is a healthy alternative. For other tips on help with quitting in general, go to smokefree.nhs.uk.

SMEAR TEST UNDER 25

Should I have a cervical smear before I'm 25?

Lauren, Newcastle

In England, Wales and Northern Ireland, cervical smears start on the NHS at 25. Scotland starts at 20 but is raising that to 25 soon. This isn't to save money, it's just that screening is less accurate when you're young. The chance of getting cervical cancer under the age of 25 is one in 40,000. That's really sad for that one person, but for her to be picked up through screening would mean thousands of others would end up having unnecessary treatment for smear changes that would never turn into cancer. Having the cervical cancer (HPV) vaccine and not smoking are the best ways to reduce your risk of developing the cancer when you're under 25.

HAVE YOU GOT A QUESTION FOR DR PHIL? EMAIL HIM AT dr.phil@revealmagazine.co.uk

DR PHIL'S BESTSELLER, STAYING ALIVE, IS OUT NOW drphilhammond.com Dr Phil regrets that he cannot reply to emails personally

FOLLOW DR PHIL ON TWITTER @drphilhammond. FOR MORE DR PHIL NEWS, GO TO drphilhammond.com

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TRY
adding some fresh
chilli to ramp up the
heat. Or make this
lower in fat by using
Quorn mince

Save on washing
up with this easy
but tasty stew

There's nothing more
comforting than a bowl
of warming stew on a
cold winter's evening.

The joy of making this type
of dish is you can often get
away with using cheaper cuts of
meat, as the slow cooking keeps
the meat tender and brings out
loads of flavour.

However, what we really
love most is after some simple
preparation, you can sit back
and let it bubble away gently on
the stove until you are ready to
dig in – perfect!

TOMATICAN: PORK STEWED IN TOMATOES, OREGANO AND CUMIN WITH FRESH SWEETCORN

This is quite light and great served
at room temperature as well as
direct from the hob

SERVES 6

INGREDIENTS

4tbsp olive oil
1kg pork shoulder, cut into 3-4cm pieces
2 onions, thinly sliced
3 garlic cloves, roughly chopped
3tsp dried oregano (more if using it fresh)
2tsp ground cumin
900g cherry tomatoes, halved
Salt and freshly ground black pepper
3 corn cobs – 2 with the kernels
sliced off, 1 cut into 6 pieces
Sugar (if needed)

TO SERVE

Chopped fresh coriander
1 red chilli, thinly sliced

→ Heat the oil in a wide
saucepan that has a lid, then
brown the pork in batches and
set aside in a bowl.

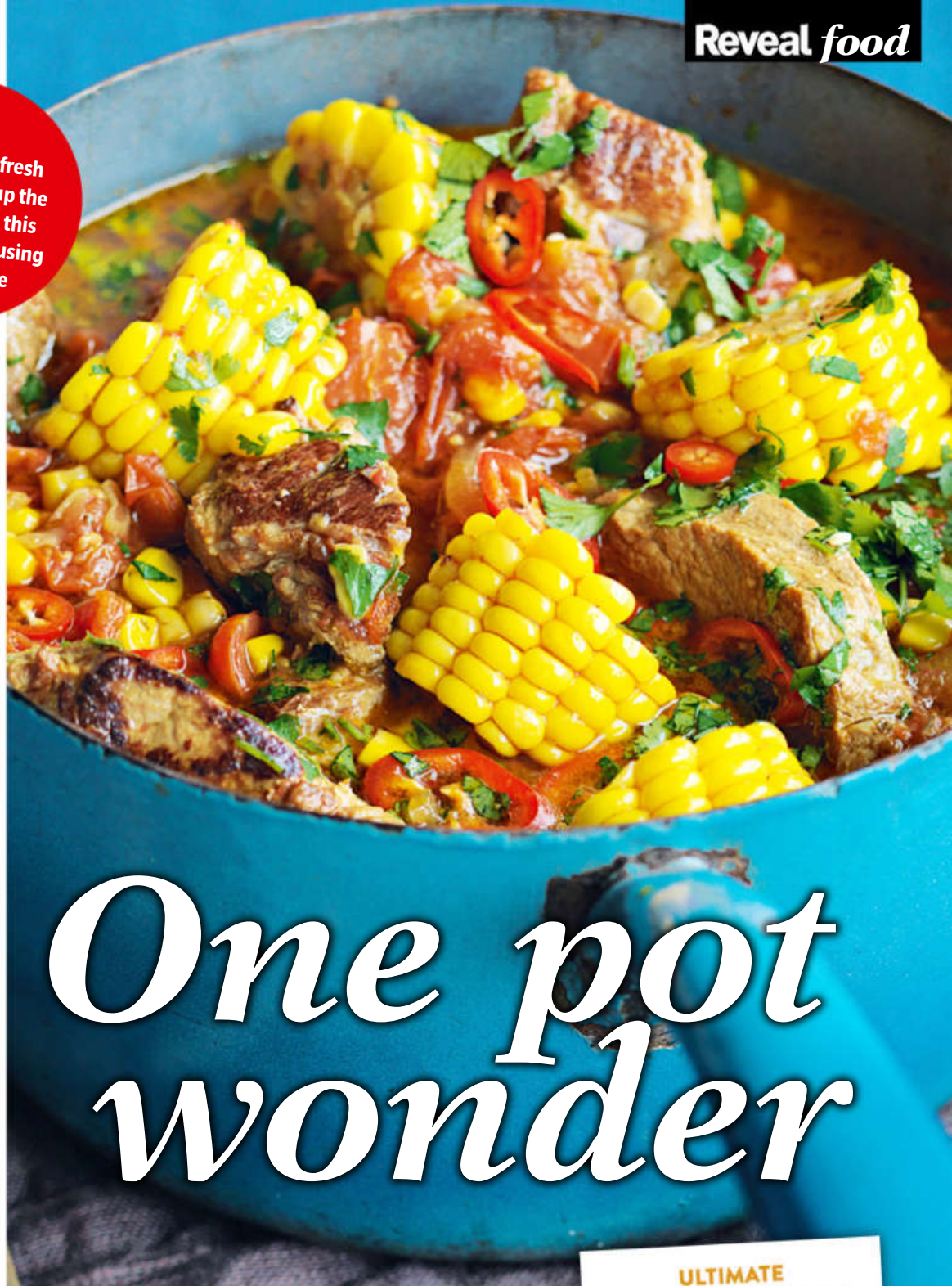
→ Add the onions to the pan
with a splash of water and
some more oil if it's looking too
dry. Cook gently for 10-15 mins
until very soft and starting to
brown at the edges.

→ Add the garlic, oregano and
cumin and cook for a couple
of minutes, then throw in the
tomatoes and let them break
down on a moderate heat for
5-10 mins before returning the
pork and any juices to the pan.

→ Stir through a good few
pinches of salt and some
grinds of black pepper. Cover
with the lid and cook gently
for 1-1½ hours until the pork
is tender.

→ Once the meat is tender,
stir in the corn kernels and the
cob pieces and cook, without
the lid, for another 5-10 mins
until the corn is done.

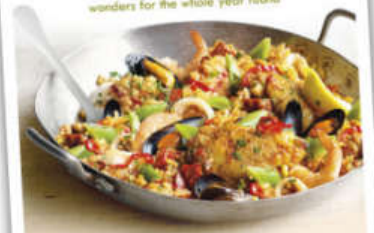
→ Taste for seasoning. If your
tomatoes are acidic, you may
need to add a little sugar to
balance this. Serve garnished
with some chopped coriander
and a few chilli slices.



One pot wonder

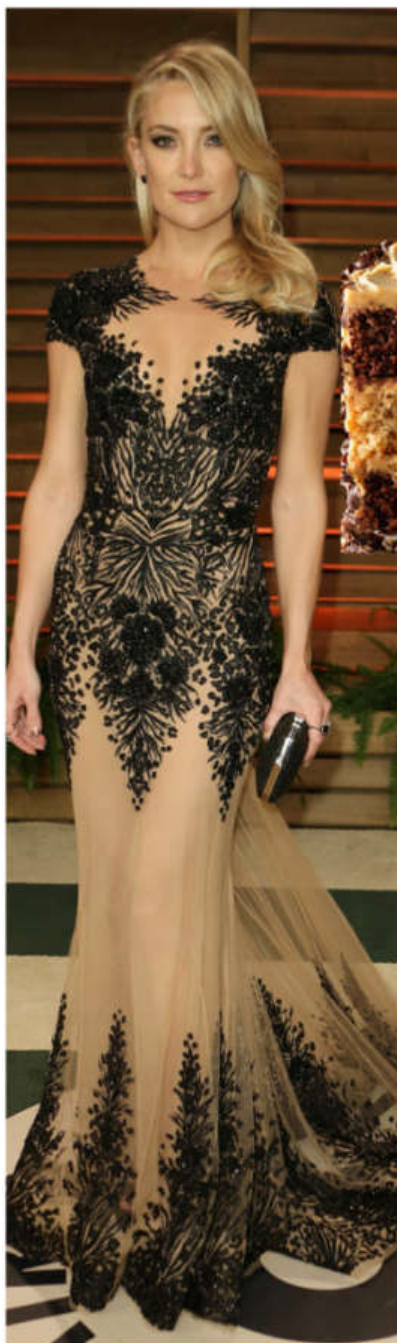
ULTIMATE ONE-POT DISHES

A feast of simple, delicious one-pot
wonders for the whole year round



ALAN ROSENTHAL

Recipe from *Ultimate One-Pot
Dishes* (Ebury Press, £9.99) by
Alan Rosenthal



COFFEE KATE

Kate Hudson puts the star in Starbucks in this coffee cake-inspired get-up.



CHEZZA CHEESECAKE

Looks like the summer fruits cheesecake definitely has the *X Factor* in Cheryl Fernandez-Versini's eyes, if her cute colour-block dress is anything to go by!

The great CAKE

EMMA'S ZESTY TREAT

Emma Willis may be as sweet as pie but her eye for fashion is clearly citrus-sharp with this Key lime pie outfit.



WEDDING CAKE WATSON

In this whimsical feathered dress, Emma Watson appears just as perfect as a classic tiered wedding cake. Fancy!





CUPCATE BLANCHETT

Cate Blanchett looks just peachy as she poses in a ruffled dress, reminiscent of piped buttercream. Mmm.



Words Katherine Parkes Photos Alamy Rex Features

celeb OFF!

Looks like The Great British Bake Off has influenced these stars...

STRAWBERRY SWIFT

Taylor Swift looks *berry* nice as she rocks the look of the classic strawberry cheesecake in her two-layered ensemble.



LEMONY LADY

While it takes guts to wear a dress made entirely of meat, we were a lot more impressed by Lady Gaga's striped lemon gâteau-style gown.



BEY'S BUTTERFLY BAKE

She might be known to many as Queen B, but Beyoncé is looking more like a butterfly (cake) in this regal outfit. No soggy bottoms here!



7days

REVEAL'S CARENA
CRAWFORD PICKS THIS
WEEK'S TV HIGHLIGHTS

HOMELAND

Carrie Mathison is no longer a CIA agent, as the fifth series of the drama begins. We're picking up two years since her ill-fated tenure as station chief in Islamabad, as she struggles to reconcile her guilt at the events that unfolded, and disillusionment with the system she once fought so hard for on the frontline of the war on terror. She's now in self-imposed exile in Berlin and working for a private security firm, but she's never far from drama! Can she really leave her old life behind? Has she forgiven Saul? What's happened to off-the-rails Quinn? And will the CIA come calling for Carrie's help once again?

CHANNEL 4, SUNDAY 11 OCTOBER, 9PM



THE APPRENTICE

Lord Alan Sugar is putting 18 more candidates through their paces as they compete to win a £250,000 investment plus the chance to go into a business partnership with him. Claude Littner is replacing Nick Hewer as one of Alan's advisers, alongside Baroness Karren Brady, so the potentials had better watch out. Their first challenge is at Billingsgate Market, where they must negotiate first class fish and seafood, then mass-manufacture it to sell as lunch to hungry Londoners. Who will make the most profit and stay out of the firing line when they're back in the boardroom?

**BBC ONE, WEDNESDAY 14 OCTOBER
AND THURSDAY 15 OCTOBER, 9PM**

THE WALKING DEAD

It's the sixth season of the zombie drama and there are no shortage of new dangers and difficulties facing the survivors. Rick Grimes is their leader, but for how long? Is there a Rick versus Morgan divide? Will Rick's leadership be called into question? With the group's alliances in disarray, and more walkers than ever before, plus the threat of The Wolves now hanging over them, too, how much longer can this lot survive? No one is safe as the drama continues to unfold.

FOX, MONDAY 12 OCTOBER, 9PM

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and play with £60
when you deposit £10*

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Dream Bingo

*Terms & Conditions apply.
18+, always gamble responsibly.



THIS WEEK'S SOAP HIGHLIGHTS

EastEnders



KATHY LEAVES AGAIN?

As Ben begins to warm to Kathy, she lets slip she's still with Gavin. A terrified Kathy admits her husband has taken Phil hostage and she needs money to save him. Ben gives Kathy cash, but when he comes face-to-face with Gavin himself, Ben realises Kathy's planning to leave again. Not wanting to lose his mum, Ben tells her they'll leave together. Will she agree?

EASTENDERS, BBC ONE, MON & FRI, 8PM, TUE & THU, 7.30PM

SARAH CONFESSES

Sarah is about to crack when Todd and Tony quiz her over Callum's whereabouts. Billy witnesses Sarah snapping at Todd and hurries after her, assuring her his job as a vicar is to listen in confidence. Sarah starts to open up to Billy and tells him her ex threatened her and things got out of hand. Billy encourages her to go to the police, but will she?

Coronation Street



CORONATION STREET, ITV, WED 7.30PM, FRI 7.30PM & 8.30PM

Emmerdale



JAI ON DRUGS

Jai takes cocaine before an important business meeting, and when things go well, an impressed Kirin is tempted when Jai offers him the drug, too. After Kirin takes it and makes a confident pitch to a buyer, they go out to celebrate. But things take a turn when Jai doubles over in agony and collapses. Kirin panics and doesn't know what to do. Will Jai be OK?

EMMERDALE, ITV, MON 6.45PM, TUE, WED, FRI 7PM, THU 7PM & 8PM

SIENNA KIDNAPPED

Ashley's after Sienna and Nico when she finds out they have her ring, and when Ben realises his girlfriend's in danger, he gets her to the safety of the police station. But Ashley is smarter than that and sets off the fire alarm before dressing as a cop and escorting oblivious Sienna and Nico out. She drives them off before threatening to kill them – will Ben save them?

Hollyoaks



HOLLYOAKS, CHANNEL 4, MON-FRI, 6.30PM

DON'T MISS

Thousands of young men in the UK started life as girls, and in Channel 4 documentary *Girls To Men* on Tuesday 13 October, we'll meet some filming their transitions for online diaries. From the changes to the consequences, we'll witness the transformations at 10pm.



FIRST DATES SU2C SPECIAL

The restaurant where everyone is on a blind date opens its doors for a Stand Up To Cancer Special. Maitre d' Fred is welcoming some more hopefuls looking to meet The One, but some of them, in this show, will be matched with a celebrity singleton also searching for love. The names of the stars hoping cupid's arrow will strike are still under wraps, but how will the other diners – who are unaware they are going on a date with a famous face until they arrive – react when they see who they've been matched with? Is love about to blossom?

CHANNEL 4, MONDAY 12 OCTOBER, 9PM

BREAST CANCER AWARENESS

It's Breast Cancer Awareness Month, so check out these beauty products. We love this Clinique blusher (£17.50, boots.co.uk), with £2 of every sale going to the Breast Cancer Research Foundation, and these GHDs (£165), with £10 of each purchase going to Breast Cancer Now.



MAD MAX DVD

If you saw *Mad Max: Fury Road* in the cinema, you'll most likely be itching to see it again and if you've yet to watch the kick-ass film, then this DVD is a must-buy. Starring Tom Hardy and Charlize Theron, the film follows Max Rockatansky (Hardy) and Imperator Furiosa (Theron) as they battle for survival in a desert wasteland. **Out now, £9.99**

COLOUR ME CURIOUS

We're really into adult colouring books, as they're a great way to be creative and relax the mind, and the new *Alice's Adventures In Wonderland* may be our favourite. Filled with beautiful pictures of the Mad Hatter and other iconic characters, it's time to grab your colouring pencils and prepare to fall down the rabbit hole once again. Also, don't forget to order the hotly-anticipated *Harry Potter: The Official Coloring Book* from Warner Bros, out 24 November, just in time for Christmas!



The Macmillan *Alice's Adventures in Wonderland* colouring book, amazon.co.uk, £3.99

BUZZ-O-METER

What's hot in the Reveal office this week

GIZZI ERSKINE: THE GURU OF EATING CLEAN



You may recognise her as Millie Mackintosh's sidekick, but chef Gizzi Erskine is stealing the limelight thanks to her new clean eating guide. Featuring indulgent recipes and wholesome lifestyle tips, *Gizzi's Healthy Appetite: Food To Nourish The Body And Feed The Soul* has earned a place in our kitchens. (amazon.co.uk, 7.99)

LUSH

You know that smell that takes over your senses when you walk past a Lush store? Imagine having that in your bathroom! For their 20th anniversary, Lush has a new range of treats. We love the Experimenter Bomb (£3.95), that turns your bath into a rainbow, and the Salted Coconut hand scrub (£7.95). It's divine!



Olivia-Anne Cleary

Reveal classified

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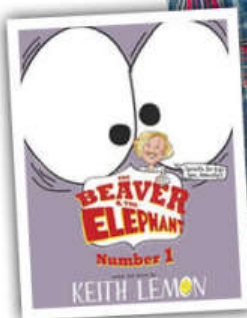
Funny man **Keith Lemon**, 42, loves himself above all else, has a fetish for asparagus, and plays practical jokes on Nicole Scherzinger

FAVOURITE PERSON?

Me. I strongly believe you've got to love yourself before anyone else can love you. And that might mean loving yourself seven times a day, but I don't do that, because I'm an adult.

BOOK?

My children's book, *The Beaver And The Elephant*. It's not a rude one. Although people think it is, because it's about a beaver. But I don't call a lady's magical zone a beaver, I just call it a minge.



MEAL?

I love sushi. You can eat loads before you feel full. But I also love a baked potato with cheese and coleslaw.

PIECE OF ADVICE?

My mum told me to always wear wellies when I go paddling, because otherwise I might catch an STI.

FILM?

Back To The Future. However, the main character, Marty McFly, time-travels all week and he doesn't have his dinner once. That's the only letdown in the film.



DATE?

I did a scene for *Keith Lemon: The Film*, in a restaurant with Kelly Brook. We were eating asparagus in a seductive manner. That's when we cemented our friendship, although I still look at her in a different way.

WORKOUT MOVE?

I don't work out, I've got good genes. And I'm not just talking about my Levi's. I lose weight when I'm working and then, between jobs, I become a fat'un.

OUTFIT?

I have a black plastic mac that used to belong to Michael Hutchence from INXS. I also have a silver shirt which is a replica of one that he once wore.



CELEB GUEST?

I always enjoy Verne Troyer. I feel compelled to pick him up and breastfeed him or throw him around a bit. Nicole Scherzinger is surprisingly lovely, too. I saw her on a white carpet recently and I smothered a bit of chocolate gâteau on my shoe, so it proper looked like sh**. She was really tickled by it.

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